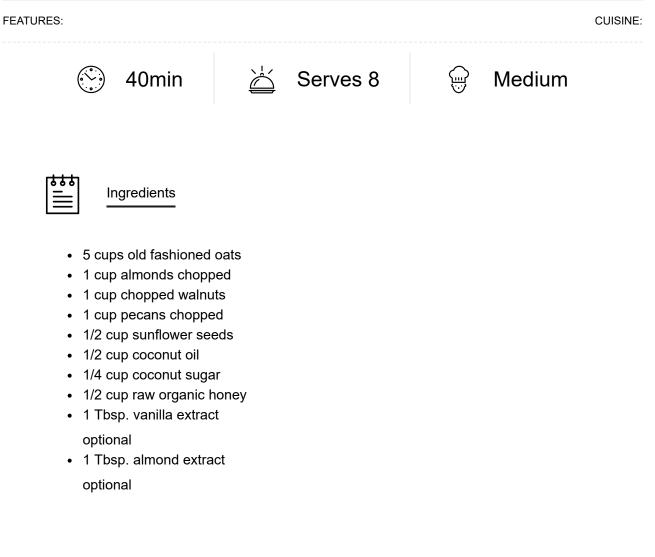
Honey and Nut Granola



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Directions

Honey and Nut Granola Recipe! Cooking - Prepared by Dr. Bijal Dave.

Super healthy breakfast mix, travel snack, after school or after work snack. Protein, fiber, and omegas 3 rich.

(Visited 313 times, 1 visits today)

HONEY AND NUT GRANOLA RECIPE

• DONE



Method

1. Preheat oven at 325°F.

2. Mix all the wet ingredients into a homogeneous mixture in a big bowl.

3. Add all the dry ingredients to it and using your hands mix them all very well.

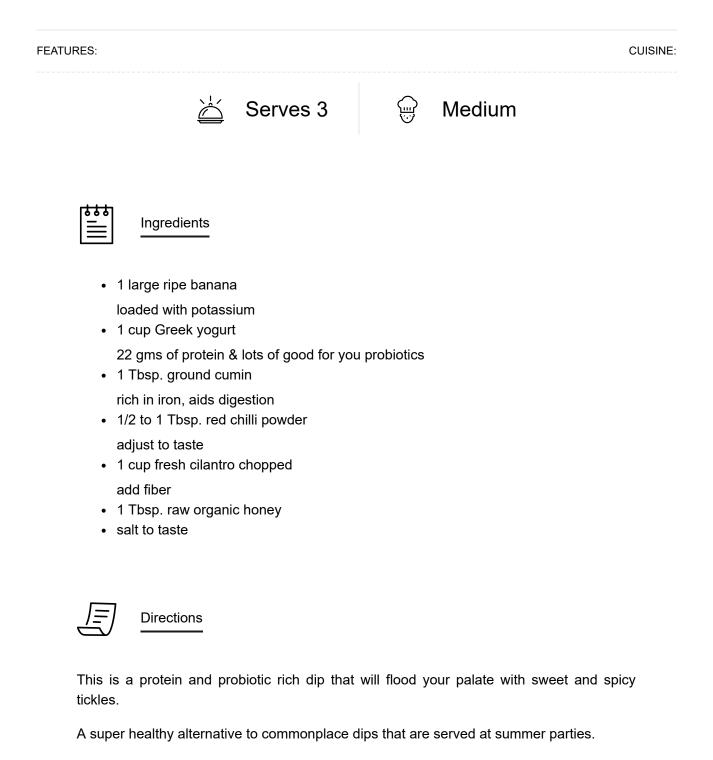
4. Line a baking tray with parchment paper and spray it with Pam, then spread it evenly over the baking tray and pat it down with your hands evenly.

5. Bake for 30 minutes.

Once done, cool and use as breakfast with fruits or as a snack.

Enjoy!

Sweet and Spicy Greek Yogurt Banana Cumin Dip



Steps

PREPARE CUMIN

• DONE



First, dry roast cumin in a small wok as shown in the video. Then pound it or blend it to a fine powder. You can use a mortar and pestle for this.

PREPARE REMAINING INGREDIENTS

• DONE

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In a bowl, mash the ripe banana with a fork. Then add Greek yogurt, salt, cumin, chili powder, coriander leaves. and honey. Mix it together well. Adjust salt to taste and its ready. Just like that, isn't this the easiest dip ever!

Serve with long strips of cucumber, red bell peppers, or chips as you choose.



HOW TO VIDEO - SWEET AND SPICY GREEK YOGURT BANANA CUMIN DIP RECIPE

• DONE

Vegetable Lentil Stew





Ingredients

- 1 cup mixed lentils
- 2 cups vegetable broth
- 1 large onions diced
- 5 big carrot

chopped

• 5-7 stalks celery

chopped

- 8 garlic cloves
- 2 sweet potato

chopped into small pieces

- 2 Tbsp. tomato paste
- 2 Tbsp. crushed red pepper
- 2 Tbsp. ground cumin
- 2 Tbsp. ground coriander
- 1 tsp. ground black pepper
- 3 Tbsp. coconut oil
- 1/2 cup cilantro chopped
- · 6 bay leaves



Directions

This delicious stew is a complete meal in itself. A perfect comfort food for a fall or winter day.

Steps

SOAK & COOK LENTILS

• DONE Soaked 1 cup of lentils overnight in 2 cups of water. The next morning, lentils should almost double in size. Now use either an instant pot / crock pot or stove method to cook lentils.

In an instant pot, add the lentils with 2 cups of water, 1 tsp of salt, and pressure cook on high for 8 mins.

In a crock pot, cook similarly on high for 4-5 hours.

On the stove use a heavy bottom pan. Add soaked lentils with salt and 2 cups of water, cover halfway with lid and cook on medium heat for 20-25 mins or until lentils are soft. Test by squeezing a small amount between fingertips - they should easily get soft.



COOK VEGGIES

DONE

In a pan, heat the coconut oil. Add garlic, cook slightly, add onions, and cook until translucent. At this point, add cilantro and mix it well with the onion, cook for 1 minute. Now add carrots, sweet potatoes, and celery. Cook until soft.

ADD SPICES, BROTH, LENTILS AND SIMMER

 DONE
Add tomato paste, chilli flakes, cumin, coridander, black pepper powders & salt. Mix well. Now add the broth & bay leaves . Mix everything together very well. Add the cooked lentils. Cover the pan and slow cook for 5-6 mins until all the flavors blend together and the stew thickens a bit.



DONE

CHECK THICKNESS

If the stew is watery, mash the sweet potatoes in it, they will help to thicken the stew. Turn off the heat and serve hot.

Dr Bijal

I am Dr. Bijal Dave – Obesity Medicine, Metabolic Specialist, Family Physician and Passionate Chef! I am a medically certified doctor with a passion for healthy eating. I have created this website to bring healthy and tasty vegetarian recipes from all over the world to your home. I have 3 office locations in New Jersey. If you would like help losing weight, please contact one of my offices and schedule a comprehensive medical weight loss evaluation.

Ready to Start Your Weight Loss Journey?

I am a medically certified doctor who specializes in weight loss. I also have a passion for healthy eating! If you would like help losing weight, please contact one of my office locations and schedule a comprehensive medical weight loss evaluation.

> Begin Your Weight Loss Journey by visiting https://makefoodthymedicine.com/contact-us/ and calling the office nearest to you!