

Honey and Nut Granola

FEATURES:

CUISINE:



40min



Serves 8



Medium



Ingredients

- 5 cups old fashioned oats
- 1 cup almonds chopped
- 1 cup chopped walnuts
- 1 cup pecans chopped
- 1/2 cup sunflower seeds
- 1/2 cup coconut oil
- 1/4 cup coconut sugar
- 1/2 cup raw organic honey
- 1 Tbsp. vanilla extract
optional
- 1 Tbsp. almond extract
optional



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)

1

○ DONE

HONEY AND NUT GRANOLA RECIPE



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

FEATURES:

CUISINE:



Serves 3



Medium



Ingredients

- 1 large ripe banana
loaded with potassium
- 1 cup Greek yogurt
22 gms of protein & lots of good for you probiotics
- 1 Tbsp. ground cumin
rich in iron, aids digestion
- 1/2 to 1 Tbsp. red chilli powder
adjust to taste
- 1 cup fresh cilantro chopped
add fiber
- 1 Tbsp. raw organic honey
- salt to taste



Directions

This is a protein and probiotic rich dip that will flood your palate with sweet and spicy tickles.

A super healthy alternative to commonplace dips that are served at summer parties.

(Visited 180 times, 2 visits today)

Steps

1

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.

2

PREPARE REMAINING INGREDIENTS

○ DONE



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.

3

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

○ DONE

Vegetable Lentil Stew



Medium



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.

(Visited 5 times, 1 visits today)

Steps

1

○ DONE

SOAK & COOK LENTILS

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.

2

○ DONE

COOK VEGGIES

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.

3

ADD SPICES, BROTH, LENTILS AND SIMMER

○ DONE

Add tomato paste, chilli flakes, cumin, coriander, 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.

4

CHECK THICKNESS

○ DONE

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!