Indian Raw Vegan Delicacies

Sugar free, Oil free, Gluten free, Dairy free, Allergen free, Whole, Highly nutritious, Fully un-cooked recipes

Raw Vegan Chaat, Tikki Chole, Dahi Vadha, Malai-Kofta, Dal Makhani, Palak Paneer, Mix-Veg, Raita, Pulao & much more...

Over 50 Recipes inside!

“All the things made by God are completely pure and healthy. Therefore give more importance to the natural things created by God instead of cooking.”

- Sri Maa
Founder Institute of Spiritual Sciences & www.sidhshakti.tv

Anjali Sanghi
INDIAN RAW VEGAN MAIN COURSE DELICACIES

This book seeks to inform and support masses about experiencing greater Holistic health, happiness, strength and abundance at all levels. We seek to achieve this by creating awareness about the benefits of raw vegan- natural, locally available, sustainable foods. The book also aims to promote welfare of all species along with restoring purity, balance and abundance on Earth. So, enjoy the gifts of nature in the form of these delicacies and bring blessings to yourself and your loved ones every day of your life.

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(We print books one at a time so as to minimize the use of paper. It is our little contribution in protecting our environment. Thus the costs are greater than bulk printing costs. We also encourage you to honour our love for Earth and buy a printed book only if required and celebrate these recipes through an E-Book)

A part of the proceeds go directly to INSTITUTE OF SPIRITUAL SCIENCES, New Delhi INDIA, towards their programs conducted for public welfare.
A part of the proceeds from the sales of this book also support activities of Indian Raw Vegan Foundation, A Registered Public Charitable Trust (www.indianrawveganfoundation.com)

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We wish you and your loved ones a safe, healthy, prosperous and smiling life.

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"Since most ancient times- man used to have only raw food. He did not do any cooking. But slowly and steadily as man started progressing, he also started making changes in his lifestyle. As these changes are increasing – the problems and diseases in humans are also increasing. Like the raw food became cooked food.

Earlier cooking was done on the wood (lakdi), then the hearth (chulah) and then on the stove (angithi). Further it was done on gas and ovens. Now it is being done in microwaves. The essence of this conversation is that all the things made by God are completely pure and healthy. Therefore give more importance to the natural things created by God instead of cooking."

Sri Maa
www.sidhshakti.tv
17 April 2016
This first and most special Indian Raw Vegan recipe is dedicated to Sri Maa.

Sidhshakti means 'Universal energy and these recipes are a shower of blessing from the universe upon all of us. Thus this recipe has been lovingly named ‘Sidhshakti Karhi’ as it happens to be Maa’s favourite!

**Ingredients**

**Gravy**
- 1 - 3/4 cream of young coconut (Depending upon thickness whether it is Medium or thick)
- Yellow bell pepper - half
- Pieces of 1/3 small yellow or peeled green zucchini
- 1/5 Tsp Turmeric powder
- Some water to blend
- Chopped leaves of 1 Tsp of spring onion
- Lemon juice or natural salt to taste

**Whole spices & sprouts for gravy:**
- Finely chopped ‘Karhi’ leaves (sweet neem)
- 1/3 Tsp Red chili powder (optional)
- 1/5 Tsp or cumin seeds or small mustard seeds
- Small dried bay leaf (optional)
- 1 Tsp of homemade fenugreek (methi) sprouts (Optional)

**Garnish:**
- Some red chili powder (optional)
- Some cumin or small mustard seeds
- A whole leaf of sweet neem

**Preparation**

1. Blend well chopped yellow bell pepper, pieces of coconut cream and zucchini with water to achieve a creamy consistency.

2. Now add finely chopped leaves of spring onion and give a pulse to blend them in coarsely in the gravy.

3. Pour the gravy in a bowl and add finely chopped ‘Karhi’ leaves, Red chili powder, cumin seeds or small mustard seeds, a small dried bay leaf and homemade fenugreek (methi) sprouts. Mix these well.

4. Now garnish the Karhi with some red chili powder, some cumin or small mustard seeds and a whole leaf of sweet neem.

**Sweet Sidhshakti Karhi**

**For Gravy**
In the ingredients of above Karhi replace turmeric powder with 5 to 10 pre-soaked raisins (optional for sweetness)
In whole spices for gravy add, 1/5 Tsp powder of cinnamon and 2 Pieces of whole cloves

**Serving Suggestion:**
Serve with Jeera Rice: Page 55
or Mixed Veg Rice: Page 50
How these Recipes came to be

I have been a student and practitioner of Spiritual Science since 2003 from Institute of Spiritual Sciences, founded by SRI MAA (Spiritual & Inner Scientist). Great success has come to us in all spheres just by doing simple, yet supremely powerful Meditations created by Sri Maa. These meditations are very easy as they are based on Universal Energies- and thus do not require you to focus, concentrate, visualize, be thoughtless or even change your lifestyle. The recipes presented in this book are also an answer to our prayers through these meditations including Sidhshakti Healing & Sidhshakti Kundalini Awakening Meditation. During our transition into adding more and more raw foods in our present lifestyle, the Universe has abundantly answered our prayers through these meditations in the form of these wonderful recipes- which we are humbly sharing with you through this book.

You, your children & elders too can do the meditations created by Sri Maa anywhere in the world and awaken the Supreme Creativity, Power, Wisdom, Knowledge, Peace, Health, Happiness, Success and much more that lies within you. Through these meditations you can even heal that which lies beyond the scope of food and herbs. All this can be simply received by sitting at your own home, any-where in the world through www.sidhshakti.tv

Acknowledgements & Gratitude

We would like to convey our special gratitude to the Supreme Power who has created this Universe, Sri Maa. We humbly dedicate this book to SRI MAA.

We are also thankful for our family and to all those who have made this book possible. We feel really grateful to have been blessed with a family who have un-endingly laid their trust and faith in us and guided us again and again so that we may always progress on the positive path.

Our deepest regards to all those who have chosen this beautiful, soulful partial or fully raw vegan lifestyle and becoming our inspiration.

We express our reverence towards natural instincts of all children including those with special needs, around the world. We sincerely pray that this book supports them and their families also to transition easily into a fresh, natural, raw vegan food lifestyle.

Names of the Recipes

We present to you here the delicious Indian raw vegan recipes which we created and enjoyed during our transition into our mono meals: nature-intended raw vegan lifestyle of fresh organic fruits, greens and vegetables.

The names for these recipes have been humbly retained as the original ones- as they are in other diet-styles and lifestyles. These raw vegan recipes have been however created from pure, natural, un-cooked, plant-based, raw vegan ingredients. One of the primary reasons to keep the same names is that most of them look alike and taste alike their cooked versions. Also if you think about this from the perspective of a little child who has got another version of his favourite dish to enjoy, you will also be able to accept these names as is. However we invite you to name them as you desire when you present them to your loved ones.

Some of the recipes are completely new raw vegan creations and have been named accordingly.

Also please note that terms like 'rice', 'curd', 'milk', 'paneer' etc. have been very frequently used in this book. However they clearly refer to their raw vegan versions and do not directly or indirectly mean that these ingredients would be present in the recipe.

We hope that these recipes will make your heart sing and make your soul dance in delight of Nature's wonders...
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Introduction

We are delighted to share with you some of our Indian raw vegan chaat and main course recipes for everyday enjoyment. These are very simple and easy to create as multi-course meals. As you perfect these simple flavours, you will soon be able to innovate some more intricate ones yourself. But we still feel that the simplest recipes are always the best and the most nourishing.

Mother Nature has created just the right tastes, aroma, feel, looks and deliciousness of every food for all her beautiful children. Every child of every species instinctively knows their food well. Too much processing, even of humanly edible plant food, can fragment the love and delight that Mother Nature has put into the food. Unless the food is healed back through 'Energy Healing' and the love is again embedded into it- the food lacks the life-force energy which it was meant to provide us. The abundance of this energy allows our inner energies to function fully. The simpler way, however, is to have a lifestyle which provides you with an ample opportunity to receive this never ending love through nature-intended, pure foods for you. These foods are sure to nourish not just your body, your taste buds, but your whole being: ‘Body – Mind – Soul – Spirit’.

All ripe, fresh, natural, plant foods in their natural state are called Raw Vegan foods. Also foods heated below 47 degree Celsius or 118 Degree Fahrenheit are also considered raw. Those who crave for sweet are easily satiated by having mono meals of delicious, ripe, fruits originating from rich natural organic soils, gifted to us by Mother Nature. Simple recipes made from fruits and greens can also satisfy our daily requirements as adults. In case of transition, having guests over and on festivals, we may wish to create something similar in texture and flavour to what we have grown up having or what we observe around during these times. Children particularly feel very satisfied with a lifestyle primarily abundant in fresh, pure fruits, greens and vegetables. However in cases of living in joint families or other social settings where everyone is having highly processed foods, creating these simple yet delicious recipes becomes a very functional way to celebrate the moment. They are also very helpful during transition and support you gently while nourishing you and your loved ones.

All the recipes in this book are free from conventional sugar, oil, gluten, allergen; made from organic, fully raw vegan ingredients. Most of the recipes are made from whole foods. All recipes give you an option of keeping them as low-fat or high fat. All ingredients used in these recipes are allergen free to support your health and to make these recipes available to all. Top ten allergens include animal products, animal milk, milk products, corn, soya, peanuts & tree nuts amongst others. Very few recipes may contain good quality, raw nuts and seeds like almonds with shells, sun-flower seeds etc. The good quality of nuts and seeds can easily be determined by their ability to sprout.

Raw vegan foods such as fresh fruits, greens and vegetables are highly nourishing in their most natural, fresh, ripe-state as they are the complete whole foods. Like carbohydrate, protein and fat, water is also a macro-nutrient. It is well-know that like the surface of Earth- our bodies are also made up of around 70% water. All fresh, ripe fruits, greens and vegetable contain ‘Bio Available Water’ which is readily absorbed within our system. Thus the foods in their fresh state are the real whole foods which can nourish us as a whole at all levels. This has been our research for few years and we invite you to do your own. You will notice that most of the ingredients which we are using to create the recipes written in this book are in their fresh state. Only very few are in their sun dried state. Recipes presented in this book are completely natural and cannot have any side effects of any kind. Though you may find that the ones which are sweet could be sticky. A proper dental care and hygiene are thus of equal importance while having Raw Vegan Foods.

Also you will notice that we do not use Cashew Nut in any recipe. Truly raw and natural Cashews are very rare since they have to be heated at very high temperatures or the outer shell has to be burnt. This is done to procure the nut from the Cashew pod by removing the toxic fluid present within the ripe nut pods.

We personally use only organic, natural or home-grown produce and highly recommend you to do so to heal yourself and Earth as a whole. We also request you to educate yourself more about these ingredients and live a vibrant, natural life full of wonder...

Several recipes in this book are significantly low fat and few others may be slightly higher in fat, especially those which use coconuts (depending upon the thickness of coconut cream). Generally lower fat is known to be highly preferable for adults. Kids have been seen to do well with their good quality, nutritionally rich mother’s milk till an extended age. Pregnant and Lactating mothers can thus also benefit a lot by introducing these recipes in their present diet due to their high nutritional content.

We are sure that you will be very contended with the flavours and textures of these recipes in your first trial, but we still suggest you to create them to your satisfaction before presenting them to your loved ones. All the recipes serve 1-2 people depending on the serving size.
**Natural Salt:** We invite you to use whatever salt you like to make these recipes. However, we personally use lemon juice or natural salt made out of Sun-dried and powdered leaves of beetroot, celery, swiss chard, or other salty leaves. As you progress in having more and more of fresh vegetables and greens, you will observe that your requirement or processed salt will go down and you will be easily able to develop your taste buds for natural salt.

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**Introduction to the book**

**Common ingredients used in this book**

*(most of them are locally and seasonally available everywhere...)*

- **VEGETABLES**
  - Avocado - Ripe
  - Bell Pepper: Red
  - Bell Pepper: Yellow
  - Broccoli
  - Cabbage: Purple
  - Cauliflower
  - Cucumber
  - Mushroom
  - Peas
  - Tomatoes
  - Zucchini

- **COCONUT**
  - Green Fresh
  - Brown Fresh
  - Brown Dried

- **GREEN LEAFY VEGETABLES & HERBS**
  - Coriander
  - Iceberg Lettuce
  - Fenugreek
  - Mint
  - Locally Available Lettuces
  - Locally Available Greens
  - Spinach
  - Leaves of sweet neem

- **SPROUTS**
  - Alfalfa Sprouts
  - Black Chickpeas
    - (Black Channa-Bengal Grams)
  - Chickpeas (Kabuli Channa)
  - Whole Green Gram
    - (Sabut Moong)

- **SPICES**
  - Cumin seeds (Jeera)
  - Red Chili Powder
  - Turmeric Fresh or Powder (Haldi)
  - Dried Fenugreek (Methi) leaves
  - Coriander Seeds Powder
  - Green cardamom (Hari choti elaichi)
  - Black cardamom (Badi elaichi)
  - Cinnamon (Dal chini)
  - Cloves (Laung)
  - Bay leaf (Tej patta)
  - Garam Masala
  - Chole Masala
  - Pav Bhaji Masala

- **NUTS AND SEEDS**
  - Almonds: Fresh
  - Sunflower Seeds

- **DRIED FRUITS**
  - Dates
  - Raisins

How to check the Nutrition in the Raw Vegan Ingredients used in the book?

The raw vegan ingredients used in this book have very high nutritious virtues - as these whole plant foods are definitely rich in nourishment for not just our physical bodies but the whole being. In terms of conventional nutrition they are the source of most supreme quality of Bio available water, Carbohydrate, Protein, Fat, Vitamins, Minerals & more, in the most perfect combinations suitable for us. Humans have found a lot in nature but there is so much man is yet to discover. However if you wish to find out about nutrition in specific raw foods or overcome myths which surround raw food nutrition then we recommend you to research and look for resources through [www.indianrawveganfoundation.com](http://www.indianrawveganfoundation.com) and look up websites like [www.cronometer.com](http://www.cronometer.com) & [www.nutridiary.com](http://www.nutridiary.com).

Benefits of these recipes for everyone...

We are sharing some benefits people have experienced in this lifestyle. These benefits increase in direct proportion to the quantity of raw food in your lifestyle. In essence more the raw foods the more will be these benefits.

- A clean, strong body - inside out
- Making daily life and meditation balanced & deeper.
- Enhanced clarity of mind and feeling of joy
- Freedom from pains
- Freedom from gas, acidity and bloating
- Support in natural disease reversal
- Enhanced energy and vitality
- Happy skin, hair, eyes & soul

- Increased immunity- towards all kinds of infections, pathogens, lice, worms etc.
- You could be saving thousands of liters of fresh water with every meal.
- Saving lot of pollution caused due to cooking and transport.
- Saving the environment from packages, plastics and wrappers.
- Supporting other species who do not eat cooked foods & many, many more benefits...

*Please do not heat these recipes. They taste best in their natural state, at room temperature.*
Welcome to the kitchen for Indian Raw Vegan Delicacies

Here we present to you the essentials you may require to successfully produce recipes in this book.

Tools

Generally all kitchens have the non-electric or electric tools, utensils and space required for preparing the dishes listed in this book. We recommend you to always use locally available tools, preferably non-electric ones. This allows children of the family to easily participate in their preparation.

*It is well said by elders in India: “When you make things with your hand, they come out more delicious, as the love from your hands gets transferred into the food”.*

Electric tools however are a great discovery and can ease out work for those making greater quantities or have more engagements. We are mentioning below the tools commonly used during the preparation of dishes in this book for your convenience.

![Image of tools: blender, pounder, knife, peeler, sieve](image)

**Home Blender:** We use the blender we have always had at home

**Pounder:** Stone or Wooden

**Knife:** Locally available sharp knives preferably ceramic

**Peeler:** Locally available peelers

**Hand held Noodle Peeler:** Generally available in all utensil shop in India shown in photo

**Sieve:** Big sieves used at homes as shown in photo

**Utensils**

We always recommend serving these natural, Earth friendly dishes in environment friendly utensils. Here are some that we use: Banana leaf, Leaf plates & Wooden utensils. We do use some Glass, Ceramic and Earthen utensils also.

**Raw Vegan food preparation techniques**

**Cutting:** Cutting fresh fruits and vegetables in desired shape and sizes as required by the recipe

**Chopping:** Cutting food in small, equal sizes for the respective recipe.

**Peeling:** Peeling the outer layer of the vegetable using a vegetable peeler, if required by the recipe.

**Grating:** Grating the vegetable fine using a hand held grater.

**Soaking and Sprouting:** Soak the nuts and/or seeds over night in drinking water. Drain that water to remove phytic acid. Then rewash your seeds and keep them to sprout as required.

**Pounding:** Using a stone or wooden pounder- pound or crush the ingredients into smaller bits.

**Blending:** Using an electric blender, blend the ingredients of the recipe coarsely, smoothly or fine as required.

**Freeze Blanching:** Cut the vegetables like carrot, beet root, spinach etc into fine pieces. Keep them in a bowl and freeze them for at least 2 hours. Take them out of the freezer 20-30 minutes before using. Let them soften at room temperature and use in the recipe as required.
Some myths around Fruits and Vegetables
(which can be easily broken if you do your own research)

**Raw Cauliflower** has not been seen to cause gas, the cooked one might.

**Bananas** do not increase weight, instead they are one of the most nutritious and well balanced foods on Earth. We have also observed that people have no increase in blood sugar levels after having lots of ripe, fresh, natural-organic bananas, mangoes, chikoos or other natural-organic sweet fruits. Their quality is important to receive maximum benefits from them. If these foods are increasing blood sugar for you then you must check their quality.

**Dates** hardly contain some fat.
They are a delicious dried fruit which can be used by everyone.

**Oranges** do not create cold but help release it from the body and promote health detox. Fresh squeezed orange juice has been very helpful for us and all others during cough and cold.

Helpful ideas for these recipes

- For best digestion- do not mix raw foods or fruits with or after cooked foods. Always have raw foods (as much as you like) before your cooked meal to avoid any gas or bloating.
- It is not the raw food, but the inappropriate mixing, sequencing of raw foods which cause digestive issues for people. For more detailed inputs on Sequencing and Mixing of Foods we recommend you attend our programme or educate yourself on this topic further.
- Have only those raw foods which you really like.
- Use only those spices and herbs in the recipes which suit you. You can always change these recipes as per your needs and tastes.
- Don’t force children, elderly or anyone to have raw foods just because raw foods are so healthy. Create their interest first. You can find lots of tips for doing this happily on our websites.
- The recipes contain both summer and winter vegetables & fruits. Use only locally available and seasonal produce for the best health of your family.
- If coconuts are not available for these recipes then replace them with pre-soaked, preferably sprouted- sunflower or melon seeds for a similar creamy texture.

"Celebrating our everyday life and festivals consciously, keeping their essence as the core of further growth and development for ourselves, our family, all species and our earth as a whole is the next step in human evolution..."

Lots of delight to you... Anjali Sanghi

Introduction to the book
Basic Indian Raw Vegan Recipes
Dates / Raisin paste

A sweet, non-heated, vegan delight that can be used for sweetening any of your raw vegan recipes. We have found this to be a highly nutritious, health promoting and planet friendly substitute to sweeteners.

Ingredients

Dates paste
20-40 Soft Dates - Pitted
Some drinking water to blend

Raisin paste
100-200 grams pre-soaked raisins
Some drinking water to blend

Preparation

Remove the seeds from the dates, make them into finer pieces and add them to the blender.

Add little water and blend. (The dates may make a little noise while blending initially.)

Keep blending by adding little quantity of water to bring the paste to a desired thick consistency.

Now take a sieve with bigger holes and sieve the paste.

This will remove any bigger pieces left while blending and make the paste smooth.

Store in a cool dry place or refrigerate if not being used immediately.

Follow the same procedure for the raisin paste.

Ideas

We also love to dilute the dates paste with some water and enjoy it as a delicious, nutritious natural drink.
Raw Vegan Curd

Ingredients
Cream from 2 fresh green coconuts chopped into smaller pieces.
1/3 to 1/2 of small peeled and chopped zucchini (Optional to make it low fat)
Some drinking water to blend.

Preparation
Add all ingredients to a blender.
Add little water to get a creamy yet not very runny consistency.
Pour into a bowl when it has blended well.

Hard cream from Mature Brown Coconut gives a grainy texture.

Fresh Cream from Young Green Coconut gives a creamy texture.

Recipes using Raw Vegan curd
Raita (pg 18), Dahi Vadha (pg 24)
Cheesy Creamy Salad (pg 31)
Basic Gravy

STEP 1
(Add ingredients as required by the respective recipe)
To your blender always add tomatoes near the blade first
Top it with all other ingredients one by one:
Add fresh turmeric or ginger if required
Chopped red or yellow bell peppers
Chopped Lettuce or spinach or any other leaves of green vegetables
Top with any fat source like coconut, avocado or any other
Blend this now. Add water only if required- little by little to as per the desired consistency

STEP 2
Now add fine chopped herbs like coriander, mint, leaves of spring onion, garlic chives or any other.
Give your blender a pulse.

STEP 3
Add lemon juice, spices, dry herbs to the gravy and give a little pulse as required. *(Please remember that you need much less spices while preparing raw vegan food. If you have just started preparing these fresh foods then please add lesser spices first and later add more to make the recipe according to your taste.)*

Note: The raw vegan sauces or gravy made in this way are tastier and the flavours of the right ingredients are enhanced.

Preparation

Garam Masala

Whole spices
2-3 green cardamom (harielaichi or chotielaichi)
1-2 black cardamom (badielaichi)
1 inch cinnamon (dal chini)
⅛ tsp cumin seeds (jeera)
2-3 cloves (laung)
1 medium size bay leaf (tejpatta)

Add all ingredients to the small food processor which accompanies the blender.

Process until a fine powder is created. Store in a cool dry place
Rice Basics

Cauliflower Rice
Ingredients:
One large head of cauliflower
Preparation:
Wash and chop Cauliflower into fine pieces
Keep them in a fine cotton cloth to dry for few minutes.
Grate it with a fine hand held grater or process it in a blender / food processer to achieve a fine rice-like consistency.
Keep the cauliflower rice in a separate bowl to use as a base for other rice recipes.

Zucchini Rice
Ingredients:
two medium size yellow or green zucchinis
Preparation:
Wash the zucchinis. Peel away the outer skin with a regular peeler.
With a noodle peeler, peel off noodles from the zucchini. Keep the remaining parts of both the zucchinis for 'Raw Vegan Curd'. (See page 13)
Keep the zucchini noodles together on a chopping board and chop them finely to the 'rice' like desired size.
Keep in a separate bowl to use as a base for other rice recipes.
Ingredients

For Paneer
Fresh green Almonds peeled: 1 hand-full (adult hand)
Little water to process (if required)
Raw vegan salt or lemon juice to taste

For Masala Paneer
Few dried fenugreek (methi) leaves
1 Tsp of very finely chopped leaves of spring onion
Red chili powder, add to taste (optional)
Some cumin seeds

Binder: 2-4 Tsp of Raw Vegan Curd from page 13

Preparation

Add all ingredients to a blender or a small food processor (which comes as an attachment with the blender)
Pulse well without water into a very smooth paste. Add very little water, incase required.
Keep this thick paste of almonds in a bowl and add other ingredients as desired. Mix well.
Now take the mixture in your hand and make it into a ball.
Press the ball in between your hands and shape it into a rectangular paneer.
Keep it on a dish and keep into the fridge for some time to set (only if required)
Cut into smaller pieces or create a Chaat recipe as desired.
Indian
Raw Vegan
Raitas & Chutneys
Raita is a side dish in most of the North Indian Food Preparations. It is generally a vegetarian dish mixed with different raw-ripe vegetables and use with several main-course preparations. Here we present to you our version of the delicious Raw Vegan Raita Recipes. They are very popular with Raw Vegan Rice and Biriyani preparations. (Page number 51)

**Cucumber Tomato Onion**

To the base of Raita from page number 13, add very finely chopped half of a cucumber. (Most of the people prefer to peel their cucumber for this recipe)

Now add 2 big or 4 small finely chopped tomatoes. If desired add lemon juice or natural salt to taste.

Mix well again with a spoon.

Add finely chopped leaves from half of spring onion or 3 onion chives. Mix well again. (You can increase or decrease the quantity of leaves of onion as desired)

Garnish with a pinch of raw red chilli powder, some cumin seeds and fresh coriander leaves.

**Cucumber Coriander**

To the base of Raita from page number 13, add finely chopped 1 big or 2 small cucumbers. Mix well with a spoon. (Most of the people prefer to peel their cucumber for this recipe)

Now add around 50 grams of finely chopped coriander. Garnish with a pinch of raw red chilli powder and cumin seeds.

**Cucumber Mint**

To the base of Raita from page number 13, add finely chopped 50 grams of Mint (Pudina) leaves and blend till the leaves are still showing as small pieces. Pour this into a serving bowl.

Now add chopped 1 big or 2 small cucumbers.

If desired add lemon juice or natural salt to taste.

Add finely chopped leaves from half of spring onion or 3 onion chives. Mix well again. (You can increase or decrease the quantity of leaves of onion as desired)

Garnish with a pinch of raw red chili powder, fresh ground black pepper powder and some cumin seeds.

**Torai or Kakdi or Snake Gourd**

To the base of Raita from page number 13, add finely chopped 1 big peeled Torai (Gourd) or 1 Kakdi or small piece of peeled Snake Gourd. Mix well with a spoon.

If desired add lemon juice or natural salt to taste.

Add finely chopped leaves from half of spring onion or 3 onion chives. Mix well again. (You can increase or decrease the quantity of leaves of onion as desired)

Garnish with a pinch of raw red chilli powder, some cumin seeds and some fresh coriander leaves.

**Mixed Fruit**

To the base of Raita from page number 13, add finely chopped 1-2 rings of fresh Pineapple. Add other available fruits of choice like: 5-10 pitted Cherries, 10-20 sliced Green Grapes or 4-5 finely sliced strawberries. Then add lemon juice and natural salt to taste (if desired). Add finely chopped leaves from half of spring onion or 3 onion chives. (You can increase or decrease leaves of onion as desired)

Add a pinch of raw red chilli powder and some ground fresh black pepper powder and mix well. Garnish with some cumin seeds and finely chopped coriander leaves.
Green Chutneys

Chutneys, Dips, Dressings, Sauces are a main part of Indian cuisine. Here we present to you their delicious raw vegan recipes.

**Green (coriander) Chutney**

**Ingredients:**
- 1 big tomato chopped
- 2 tbs alfalfa sprouts
- 1/4 inch of ginger (optional)
- 100 grams of coriander leaves
- 50 grams of fresh mint leaves
- 1 green capsicum almost becoming ripe- finely chopped
- Chopped leaves of 1 T-spoon of spring onion (optional)
- Some red chilli powder to taste (optional)
- Lemon juice to taste

**Garnish:**
- Some cumin seeds

**Preparation:**
Add to the blender towards the blade, chopped tomatoes, ginger, coriander leaves, mint leaves, bell-pepper and blend well. Add little water if required to get a chutney like consistency.
Add chopped leaves of spring onion, red chili powder and lemon juice to the blender. Give only a pulse or two.
Keep the chutney in a separate bowl and sprinkle some cumin seeds. Mix well and garnish with a mint leaf.
Serve with an Indian flavoured raw vegan dish of choice.

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**Mint (Pudina) Chutney**

**Ingredients:**
- 1 small tomato chopped
- Jelly like cream of one green coconut or half of thicker cream (cleaned and chopped into smaller pieces)
- One green capsicum almost becoming ripe- finely chopped
- 1/4 inch of ginger (optional)
- 100 grams of mint leaves (destemmed)
- Chopped leaves of 1 T-spoon of spring onion (optional)
- Some red chilli powder to taste (optional)
- Lemon juice to taste

**Garnish:**
- Some cumin seeds

**Preparation:**
Add to the blender towards the blade chopped tomatoes, coconut, capsicum, ginger and blend well. If you have add tomatoes in the base there should not be a need to add water, however you can add little water if required to get a chutney like consistency.
Add mint leave and blend well again.
Add chopped leaves of spring onion, red chili powder and lemon juice to the blender. Give only a pulse or two.
Keep the chutney in a separate bowl and sprinkle some cumin seeds.
Mix well and garnish with a mint leaf.
Serve with an Indian flavoured raw vegan dish of choice.
Khatti-Meethi (Sweet & Sour)

Ingredients:
- 10-15 pre-soaked de-seeded dates or 30-40 pre-soaked raisins
- Some water to blend
- Lemon Juice of one big lemon - to taste
- Raw red chili powder - to taste (optional)

Preparation:
Blend dates or raisins with some water up-to a chutney like consistency. Add lemon juice and red chilli powder to taste and mix well just before serving. Keep aside in a serving bowl.

Coconut (Nariyal) Chutney

Ingredients:
- 1 tbs of alfalfa- sprouts or half tbs of brown channa sprouts
- 2x2 inches piece of fresh brown coconut- grated
- 1/4inch of ginger (optional)
- 4-5 Karhi Leaves (Sweet Neem)
- Chopped 1 T-spoon of garlic chives- leaves of garlic (optional)
- Some red chilli powder to taste (optional)
- Lemon juice to taste

Garnish
- Some cumin seeds or small mustard seeds
- One sweet neem leaf

Preparation:
Add to the blender towards the blade 1 tbs of alfalfa- sprouts or half tbs of brown channa sprouts.
Top this with ginger, grated coconut and blend well while adding little water to achieve a thick consistency. This chutney originally has a thick texture, so do not blend it too much like a paste. Now add chopped leaves of sweet neem, garlic chives, red chili powder and lemon juice to the blender. Give only a pulse or two.
Keep the chutney in a separate bowl and sprinkle some cumin or small mustard seeds seeds. Mix well.
Sprinkle it with some red chili powder, mustard/ cumin seeds and garnish with a sweet neem leaf.
Serve with an Indian flavoured raw vegan dish of choice.
This dish is higher on fat
Cheesy Dip or Dressing

Ingredients:
Cream from 2 fresh green coconut chopped into smaller pieces.
1/3 to1/2 of small peeled and chopped zucchini (or 1-2 small round gourd- ‘Tinda’)
Half inch of ginger- peeled and grated. (optional)
Little water to blend.
Juice of around one lemon to taste
Optional
Finely diced leaves of spring onion to taste
Some raw red chili powder to taste
½ t-spoon of cumin seeds to the bowl

Preparation:
Add all ingredients to a blender. Add little water to get a creamy consistency.
Pour into a bowl when it has blended well.
Add juice of around one lemon to taste and mix well.
Add finely diced leaves of spring onion, red chili powder and cumin seeds to the bowl.

Mix well and serve beautifully.

Tomato Ketchup or Dip

Ingredients:
3 medium finely chopped tomatoes (discard the juice and seeds)
Medium thickness Cream from 1 fresh green coconut chopped into smaller pieces
or
1 medium ripe avocado scooped out.
Around 10-15 pre-soaked raisins
1 red bell pepper- finely chopped
Little water to blend.
Juice of around one lemon to taste
Optional
Half inch of ginger- peeled and grated.
Finely diced leaves of spring onion to taste (approx 1 t-spoon)
Finely diced leaves of garlic to taste (approx 1 t-spoon)
Some raw red chili powder to taste

Preparation:
1. Add all ingredients to a blender in an order starting from tomatoes. Add little water to get a creamy consistency.
2. Pour into a bowl when blended well. Add juice of around one lemon to taste and mix well. Serve beautifully with raw vegan dish of choice.
Indian Dressing

Ingredients

Tomato- 1-2 medium- chopped
A small piece of ginger grated (if desired)
Red or Yellow bell pepper - half
1 - 3/4 cream of young coconut (Depending upon thickness whether it is Medium or thick)
Chopped leaves of 1 Tsp of spring onion
Chopped leaves of 1 Tsp of garlic chives (if desired)
Natural salt or lemon juice to taste
1/3 Tsp red chili powder (optional)
Few seeds of cumin

Preparation

Add to the blender towards the blade and up: chopped tomato, ginger, bell pepper, pieces of coconut and blend together to achieve creamy smooth consistency you desire. Add little water while blending only if required.

Add chopped spring onion leaves, garlic chives and blend coarsely again.

Finally add lemon juice or natural salt; and red chili powder- to taste and pulse few times to let it smoothly blend in. Add Cumin seeds and mix together with a spoon.
Indian Raw Vegan Chaats & Salads
**Dahi Vadha**

One of the most popular North Indian dishes to have anywhere, anytime and for any occasion!

**Ingredients**

**Vadha**
- 3 big or 6 small florets of cauliflower- finely grated
- 50 grams of alfalfa sprouts hand pounded (optional)
- 10-20 Finely chopped ‘Karhi’ leaves (sweet neem-optional)
- Very finely chopped leaves of 1 tsp of spring onion
- Natural salt or lemon juice to taste
- Red chili powder to taste (optional)
- Some cumin seeds (optional)
- Binder: 1-3 Tsp of Raw Vegan Curd from page 13 (as required)

**Toppings**
- RAW VEGAN CURD: Page 13
- MINT CHUTNEY: Page 19
- SWEET AND SOUR CHUTNEY: Page 20

**Garnish:**
- Some raw red chili powder (optional)
- Some cumin seeds
- Few finely chopped fresh leaves of coriander.
- Few fresh seeds of pomegranate

**Preparation**

**Making the Vadha:**

1. Mix all the ingredients of the vadha well in a bowl.
2. Now add around 1-2 Tsp of Raw Vegan Curd to bind. Add more if required.
3. Create the small or big balls of vadha in desired shapes and keep them aside directly into the individual serving dish.
4. Top fully with few spoons of raw vegan curd.
5. Add 1-2 spoons of ‘green mint chutney’ and ‘sweet and sour’ chutney to taste.
6. Garnish with some red chili powder, cumin seeds, coriander leaves and few seeds of pomegranate.
7. Serve immediately and cherish it’s delightful fresh raw vegan flavours.
Chaat Salad

1. In each serving plate add 1-2 handfuls of some finely chopped locally available salad greens of choice as a base to serve the Chaat on.

2. Add 2 tablespoon of base of Chaat.

3. Now add half to one tablespoon of raw vegan curd and top up with green mint chutney to taste. Now add sweet and sour chutney to taste.

4. Now repeat the above process to create 1-2 more layers as desired.

5. Garnish with toppings of choice.

Variations

You can serve this Chaat salad also with some cucumber and papaya or mango pieces. Enjoy this burst of flavour at your meal times with your family and friends.

Ingredients

**Base**
- Fine chopped 2-3 cucumbers or 1 medium size finely grated cauliflower or broccoli
- 1 finely diced medium yellow bell pepper
- 2 medium sized finely diced tomatoes
- 50 grams of fine chopped coriander
- Juice of lemon to taste

Optional:
- Leaves of 1 spring onion: finely diced
- Raw red chilli powder to taste
- 1 tsp of cumin seeds
- Natural salt to taste

Mix all ingredients of choice and keep aside in a bowl

**RAW VEGAN CURD:** Page 13

**MINT CHUTNEY:** Page 19

**SWEET AND SOUR CHUTNEY:** Page 20

**Garnish**

The final Chaat salad can be garnished with some fresh pomegranate seeds, alfalfa sprouts, finely chopped colourful bell peppers, leaves of spring onion, coriander leaves, cumin seeds, raw red chili power (optional) or other ingredients of choice.
Katori Chaat

1. In each serving plate add 4-5 cucumber katoris.
2. Add little mint chutney inside each katori.
3. Now fill them with the filling you have created.
4. Now add half small spoon on raw vegan curd and top up with green mint chutney to taste. Now add sweet and sour chutney to taste.
5. Garnish with toppings of choice.

Enjoy this delicious Cucumber Katori Chaat as a whole meal or as an introductory dish.

IDEAS
You can serve this Chaat salad also with some cucumber and papaya or mango pieces.

Ingredients

**Base**
2 Thin cucumbers (peeled if desired) cut into 0.75” to 1.25” size blocks which from which the seeds are to be scooped out to form Katoris (Bowls)

**Filling**
1 finely diced medium yellow bell pepper
2 medium sized finely diced tomatoes
50 grams of fine chopped coriander
Juice of lemon to taste

Optional:
Leaves of 1 spring onion: finely diced
Raw red chili powder to taste (optional)
1 tsp of cumin seeds
Raw vegan salt to taste

**How to Prepare:**
Mix all ingredients of choice and keep aside in a bowl

RAW VEGAN CURD: Page 13
MINT CHUTNEY: Page 19
SWEET AND SOUR CHUTNEY: Page 20

**Garnish**
The final Chaat can be garnished with some fresh pomegranate seeds, alfalfa sprouts; fine chopped colourful bell peppers, leaves of spring onion, coriander leaves, cumin seeds, raw red chilli powder (optional) or other ingredients of choice. Some fine chopped purple cabbage can also be added
Idli Chaat

**Ingredients**

**Base**
3 big or 6 small florets of cauliflower- finely grated
10-20 very finely chopped ‘Karhi’ leaves (sweet neem-optional)
Very finely chopped leaves of 1 T-spoon of spring onion
Lemon juice or natural salt to taste
Binder: 1-3 tsp of Raw Vegan Curd from page number 13 (as required)

**Toppings**

MINT CHUTNEY: Page 19
SWEET AND SOUR CHUTNEY: Page 20

**Garnish**
Few finely chopped fresh leaves of coriander.
Few fresh seeds of pomegranate

**Preparation**

1. Mix grated cauliflower, lemon juice, finely diced sweet neemleaves well in a bowl. Not add desired quantity of coconut curd and mix well to form a soft dough like consistency.

2. Place some mixture in an ice cream scoop of desired size. Press it firmly and scoop it directly into a serving plate. Make more as desired.

3. Now top this with Mint chutney and Sweet & Sour chutney

4. Sprinkle some finely chopped coriander leaves and pomegranate seeds if desired and serve.

It can also be served as a side dish with a salad.
Cheesy cups

Ingredients

**Base**
- 3 big or 6 small florets of cauliflower - finely grated
- Lemon juice or natural salt to taste
- Very finely chopped leaves of 1 tsp of spring onion
- Very finely chopped leaves of 1 tsp of coriander
- Binder: Around 1 tbs of Raw Vegan Curd from page number 13 (as required)
- 1/2 tsp of cumin seeds

**Filling**
- 2-3 Tbs of Cheesy Dip

**Dressing**
- Some finely chopped coloured capsicums, tomatoes, fresh coriander leaves and other vegetables of choice.
- Natural salt or lemon juice to taste
- Few cumin seeds

Preparation

1. Mix all ingredients of base in a bowl in the sequence written alongside.
2. Take a cake ring or a metal ring (easily available in utensil stores)
3. Place the ring in the middle of the serving plate.
4. Press the mixture of your base at the bottom and on the sides. The breath of the mixture can be at least 0.5 inches to keep it firm.
5. Let the base set for few minutes. Slowly remove the ring by bringing it up and let the base remain on the plate looking like a beautiful bowl.
6. Now take all the ingredients of the filling in a bowl and mix them together.
7. Take filling little by little and start filling it in, till it reaches the top.
8. Garnish with fine chopped vegetables of choice and a coriander leaf.

Use gravy from Palak Paneer on page 36 to add more nutrition from greens to your delicious recipe of Cheesy Cups’
Matar (peas) Tikkis

Ingredients:

- 3 big or 6 small florets of cauliflower- finely grated
- 50 grams of soft, peeled peas. Process them fine in a blender without water.
- Half of medium size-finely grated carrot

Other ingredients and process of creation: same as Mix Veg Tikkis.

Can be served with tomato ketchup from page 21

Aaloo Tikkis

Ingredients:

- 3 big or 6 small florets of cauliflower- finely grated
- 50 grams powder of almonds. Almonds should be soaked, sprouted, wrapped in cloth and dried in fridge before powering. The powered must be stored in the fridge if it is not being used immediately.

Other ingredients and process of creation: same as Mix Veg Tikkis.

Mix Veg Tikkis

Ingredients:

**Tikki**

- 3 big or 6 small florets of cauliflower- finely grated
- Half of finely grated carrot (optional)
- Home sun-dried mushroom powder (2 spoons)
- 20 grams (or 1 spoon) of Finely chopped fresh coriander leaves
- Very finely chopped leaves of 1 T-spoon of spring onion
- Natural salt or lemon juice to taste
- Red chili powder to taste (optional)
- Some cumin seeds

**Binder:** 5-7 soft dates or 1-3 T-Spoon of Raw Vegan Curd from page number 12 (as required)

**Topping**

RAW VEGAN CHOLE: Page 39, RAW VEGAN CURD: Page 13
MINT CHUTNEY: Page 19, SWEET AND SOUR CHUTNEY: Page 20

**Garnish**

- Some raw red chili powder (optional), Some cumin seeds
- Finely chopped fresh leaves of coriander, Few fresh seeds of pomegranate

**Preparation:**

1. Mix all the ingredients of the Tikki well in a bowl.
2. Now add around 5-7 deseeded soft dates OR 1-2 Tsp of Raw Vegan Curd to bind (if required). Add more if required.
3. Create the small or big round balls and press them flat as tikkis in desired shapes and keep them aside directly into the individual serving dish.
4. Add 2-3 Tbs of Chole from Page 39
   Top it up on the side with some raw vegan curd.
5. Add 1-2 spoons of ‘green mint chutney’ and ‘sweet and sour’ chutney to taste.
6. Garnish with some red chili powder, cumin seeds, coriander leaves and few seeds of pomegranate.
7. Serve immediately and cherish it’s delightful fresh raw vegan flavours. You can also serve it with a green salad.
Ingredients

Paneer
see page 16
Multi-Purpose Indian Dip & Dressing
see page 22
Mint Chutney See Page 19

Garnish
Some finely chopped coloured bell peppers
Some finely chopped pieces of tomatoes
Other finely chopped vegetables of choice
Some alfalfa sprouts (optional)
Some red chili powder (optional)
Some cumin seeds
Few finely chopped fresh leaves of coriander.

Preparation

1. Keep a piece of paneer of desired size on the serving plate.
2. Top it up with Indian dressing &/or mint chutney.
4. Garnish with ingredients of choice like cumin seeds, coriander leaves and more.
5. Serve immediately. This dish is loved by everyone.

Serving Suggestions

Serve well with a green salad of choice.
Cheesy Creamy Salad

Ingredients

Base
1 medium size finely diced iceberg lettuce
Juice of around one big lemon to taste
1 finely diced medium yellow bell pepper
2 medium sized finely diced tomatoes
50 grams of fine chopped coriander

Optional:
Some finely diced purple cabbage
Finely diced vegetables of choice
Leaves of 1 spring onion: finely diced
Raw red chili powder to taste (optional)
1 tsp of cumin seeds
Finely chopped apples or mangoes, oranges, pomegranate, strawberry or any ‘sweet and sour’ fruit of choice can also be included in this recipe

Cheesy dip or dressing
Use half the quantity of as prepared on Page 21

Preparation

1. To the finely chopped lettuce leaves add lemon juice of approximately one big lemon to taste and mix well.

2. Now add finely diced bell peppers, tomatoes, coriander and other vegetables of choice and mix well.

3. Add the cheesy dressing and mix well.

4. Optionally add finely diced apple, leaves of spring onion, raw red chili powder, cumin seeds to taste and mix well. Serve beautifully.

More Ideas

We sometimes use green cabbage instead of iceberg lettuce but most of the people cannot digest green cabbage well so we don’t recommend that.

The recipe can also use a bag of finely diced mixed salad leaves which are easily available in organic stores which sell fresh produce.

You can also mix other locally available greens of choice which taste well together and use for this recipe.
Mango Salsa Delight

Ingredients
- 2 large or 3 medium size ripe mangoes - diced
- 1 finely diced medium coloured ripe bell pepper
- 3 medium sized finely diced tomatoes
- 30 grams of fine chopped coriander
- Juice of around half of lemon to taste (Optional)
- Leaves of 1 spring onion: finely diced
- Raw red chili powder to taste (optional)
- 1 t-spoon of cumin seeds

IDEA:
You can also blend these ingredients together to make a delicious sweet, tangy mango sauce.
You can serve this over Cucumber or Zucchini noodles It tastes delicious on green salad of choice.

Preparation
1. Add all ingredients of choice and mix well.
2. Add the mixture to a serving bowl.
3. Now garnish with few leaves of coriander and cumin seeds. Serve well.

Serving Suggestions
To the salad you can add finely chopped lettuce leaves or salad leaves of choice.
You can roll up the mixture in the leaves if iceberg lettuce and enjoy this sweet, sour and tangy delight.
Chaat Roll ups

Filling
VEG PULAO: Page 49
RAW VEGAN CURD: Page 13
MINT CHUTNEY: Page 19
SWEET AND SOUR CHUTNEY: Page 20
WRAP: Fresh leaves of Iceberg or any other lettuce

Preparation
Take 3 whole lettuce leaves, Fill them with 2 tbs of Raw vegan pulao.
Roll them individually as shown in the picture.
Place them a serving plate.
Cover one side of the roll with raw vegan curd, topped with green chutney, topped with Sweet & sour chutney.
Garnish with toppings of choice and serve.

Special note: Get all the ingredients ready before hand, but make the rolls and add toppings just before serving. Otherwise the dish leaves water and the taste changes.

Stuffed Tomatoes

4-5 medium sized tomatoes of choice- Sliced into half and scooped out
Raw vegan curd rice from page 53
(or any other filling of choice)
Finely chopped leaves of spring onion, coriander leaves, cumin seeds, raw red chili powder (optional) or other ingredients of choice to garnish.

Preparation
Take the scooped tomato pieces one by one.
Fill them with raw vegan curd rice or filling of choice.
Keep them on the serving plate and garnish with toppings of choice and serve.

Idea: If you do not wish to stuff the tomatoes then you can just cut slices and apply a layer of raw vegan curd rice on them and have them. There are many variations you can make with this recipe, Have fun with this.
Indian Raw Vegan Main Course
Malai Kofta

Making the Kofta
1. Mix all the ingredients of the Kofta well in a bowl.
2. Now add around 2 Tsp of Raw Vegan Curd to bind. Add more if required. (You can also use the fresh coconut cream you are blending for the gravy).
3. Create the small or big balls of kofta and keep them aside in the serving dish.

Making the gravy
1. Add to the blender towards the blade and up: chopped tomato, yellow bell pepper, pieces of coconut, soaked raisins and blend together to achieve creamy smooth consistency you desire for your gravy. Add little water while blending only if required.
2. Add chopped spring onion leaves, garlic chives and blend coarsely again.
3. Finally add lemon juice or raw vegan salt; and red chili powder to taste and pulse few times to let it smoothly blend in.
4. Keep the gravy in a separate bowl and add mix all balance spices. Mix well.
5. Add the gravy on the top of koftas kept in a serving dish. Cover the koftas well.
6. Now top it up this fresh blended coconut cream and garnish well.

Ingredients

Kofta
5 big or 8 small florets of cauliflower- finely grated
Dried fenugreek (methi) leaves
Very finely chopped leaves of 1 tsp of spring onion
Natural salt or lemon juice to taste
Red chili powder to taste (optional)
Some cumin seeds (optional)
Binder: 2-4 Tsp of Raw Vegan Curd

Gravy
Tomato- 1 big- diced
1 - 3/4 cream of young coconut (Depending upon thickness whether it is Medium or thick)
Yellow bell pepper - half
1/5 Tsp Turmeric powder
Chopped leaves of 1 tsp of spring onion
Natural salt or lemon juice to taste
Around 10 pre-soaked raisins (optional for sweetness)

Whole spices for gravy
1/3 Tsp Red chili powder
Home dried fenugreek (methi) leaves: 1 T spoon
1/5 Tsp powder of cinnamon
1/5 Tsp powder of black cardamom
1/5 Tsp powder of green cardamom (optional)
Small dried bay leaf (optional)

Garnish
Some red chili powder (optional)
Some cumin seeds
Few finely chopped fresh leaves of coriander.
Some blended cream of fresh coconut

Preparation
**Palak Mushroom**

**Ingredients**

**Gravy**
- 1 medium finely chopped green bell pepper which is just about to ripen
- 10-12 chopped leaves of baby spinach
- 1/5 inch piece of ginger - grated or finely chopped
- 1 whole cream of young green coconut
- 1/5 Tsp Turmeric powder
- 3 chopped leaves of spring onion
- 3 chopped leaves of garlic- chives
- Water to blend
- Natural salt or Lemon juice to taste
- Whole spices for gravy (optional):
  - 1/3 Tsp Red chili powder (optional)
  - 1/4Tsp powder of garam masala
- Finely chopped vegetable of choice cut in desired shape and size

**2-3 Big button mushrooms Or 5-6 squares of raw vegan paneer from page 16**

**Another option for Paneer**

Peel a zucchini. Remove the outer edges of the zucchini till the inner softer core comes. Cut this softer core into pieces and immerse into the gravy. Just after few minutes you will find that the texture has become soft and buttery.

**Garnish**
- Some red chili powder (optional)
- Some cumin seeds
- Few finely chopped fresh leaves of coriander.
- Some blended cream of fresh tender coconut

**Preparation**

1. Add to the blender towards the blade and up: chopped green bell pepper, pieces of coconut, fine pieces of baby spinach ginger. Blend together to achieve desired creamy smooth consistency. Add little water while blending only if required.

2. Add turmeric powder, chopped spring onion leaves, garlic chives and blend coarsely again.

3. Finally add lemon juice or raw vegan salt; red chili powder, garam masala- to taste and pulse once to let it blend in.

4. Keep the gravy in a separate bowl.

5. Add the desired vegetables to the gravy and let them soak the gravy in for a few minutes.

6. Top it up with some red chili powder, cumin seeds, fresh blended coconut cream, very few coriander leaves and serve well.
Shahi Paneer

**Preparation**

1. Add to the blender towards the blade and up: soaked raisins, yellow bell pepper, pieces of coconut, and blend together to achieve creamy smooth consistency you desire for your gravy. Add little water while blending as required.

2. Take this out in a bowl. Now add chopped spring onion leaves and mix well.

3. Finally add lemon juice or natural salt; red chili powder- to taste, all balance masalas and ingredients. Mix well.

4. Arrange pieces of raw vegan paneer in the serving dish and pour the gravy on the top of paneer pieces. Cover the pieces well.

5. Now top it up this fresh blended coconut cream and garnish well.

**Ingredients**

**Paneer**
See page 16

**Gravy**

- 1 - 3/4 cream of young coconut (Depending upon thickness whether it is Medium or thick)
- Around 10 pre-soaked raisins (for sweetness)
- Red or Yellow bell pepper - half
- 1/5 Tsp Turmeric powder
- Chopped leaves of 1 T-spoon of spring onion
- Natural salt or lemon juice to taste

**Whole spices for gravy**

- 1/3 Tsp Red chili powder (optional)
- 1/2 Tsp Coriander powder
- 1/4 Tsp of garam masala
- 1/5 Tsp powder of green cardamom powder

**Garnish**

- Some red chili powder (optional)
- Few finely chopped fresh leaves of coriander.
- A pinch of kesar/ saffron
- Some blended cream of fresh coconut
Ingredients

Paneer
See page 16

Gravy
Around 10 pre-soaked raisins (for sweetness)
Tomato- 1 big- diced
Small piece of ginger- grated
1 - 3/4 cream of young coconut (Depending upon thickness whether it is Medium or thick)
Yellow or red bell pepper - half
1/5 Tsp Turmeric powder
Chopped leaves of 1 T-spoon of spring onion
Natural salt or lemon juice to taste
Whole spices for gravy
1/3 Tsp red chili powder (optional)
1/2 Tsp Dried kasuri methi
1/4 Tsp of garam masala
Bay leaf (tejpatta)- 1 small
Garnish
Some red chili powder (optional)
Few finely chopped fresh leaves of coriander.
Some blended cream of fresh coconut

Preparation

Making the gravy

1. Add to the blender towards the blade and up: soaked raisins, tomatoes, bell pepper, pieces of coconut, and blend together to achieve creamy smooth consistency you desire for your gravy. Add little water while blending as required.

2. Take this out in a bowl. Now add chopped spring onion leaves and mix well.

3. Add lemon juice or natural salt; red chili powder- to taste, all balance spices and ingredients. Mix well.

4. Arrange pieces of raw vegan paneer in the serving dish and pour the gravy on the top of paneer pieces. Cover the pieces well.

5. Now top it up this fresh blended coconut cream and garnish well.

Serving Suggestions

Serve well with Raw Vegan Jeera Rice or a Salad or choice.
### Ingredients

**Chole**
- 100 grams Big chick peas, sprouted and lightly pounded (For better results sprout inside the fridge for few days and wash well before use)
- Some finely chopped coriander
- Some lemon juice to taste

**Gravy** (Coarsely ground)
- Medium cream of ½ green coconut
- Tomato - 1-2 big - diced
- Red bell pepper - half
- Some grated ginger (optional)
- 2-3 leaves of salad leaf or baby Spinach (for brown colour)
- 2-3 leaves of spring onion - finely chopped
- 2-3 garlic chives - finely chopped - (optional)
- Water to blend
- Juice of 1 small lemon or as per taste
- Natural salt to taste
- Other spices for gravy:
  - ½ Tsp dry coriander powder
  - ½ Tsp Chole Masala or Garam Masala powder (optional)

**Garnish**
- Some cumin seeds
- red chilli powder (optional)
- One coriander leaf

### Preparation

**Making the gravy**

1. Add to the blender towards the blade chopped tomatoes, pieces of coconut cream, red bell pepper and ginger together with some water (if required) to achieve the consistency you want for the gravy.

2. Add chopped salad leaves (or baby Spinach) and blend again. Check if desire brown colour is achieved. Otherwise add more chopped salad leaves or baby spinach leaves and blend well till required light brown colour of the gravy is attained.

3. Add turmeric powder, chopped leaves of spring onion leaves, garlic chives and blend again coarsely. 4. Finally add lemon juice or salt; and red chili powder - to taste and pulse few times to let it smoothly blend in.

5. Keep the gravy in a separate bowl.

6. Now add one piece of pre- soaked whole black cardamom, dry coriander powder, ½ Tsp Chole Masala or Garam Masala powder to the gravy. Mix well and keep it aside.

**Assembling the Chole**

1. In the serving bowl add coarsely pounded sprouted chole seeds. Add some lemon juice to taste, finely chopped coriander leaves and mix well.

2. Add prepared gravy from top and mix well.

3. For garnish sprinkle some cumin seeds and chili powder from top and garnish with one coriander leaf.

Your delicious raw vegan Chole are ready to serve.
Ingredients

Gravy
1 jelly like cream of young coconut
Half of red or yellow bell pepper – finely chopped
1 big finely chopped tomato
1/5 Tsp Turmeric powder
Chopped leaves of 1 Tsp of spring onion
Natural salt or lemon juice to taste
Other whole spices for gravy
1/3 Tsp red chili powder
1/2 t-spoon of powdered coriander seeds (dhania powder)
1/5 Tsp powder of cinnamon (optional)
Finely chopped vegetables
50 grams of bottle gourd (lauki) or
50 grams of round gourd (tinda)

Garnish
Some red chili powder (optional)
Some cumin seeds
Few finely chopped fresh leaves of coriander.

Preparation

1. Add to the blender towards the blade and up: Pieces of coconut jelly, yellow bell pepper and blend together to achieve creamy smooth consistency. Add very little water while blending only if required.

2. Finally add lemon juice or raw vegan salt; turmeric powder and red chili powder - to taste and pulse few times to let it smoothly blend in.

3. Now add a finely chopped tomato, chopped spring onion leaves to the blender. Give it only a pulse so that it is coarsely ground and a few pieces of tomato can be seen.

4. Keep the gravy in a separate bowl and add mix all balance masalas. Mix well.

5. Add the finely chopped vegetable pieces into the gravy and mix well.

6. Garnish well with some cumin seeds, finely chopped coriander leaves.

7. Allow the cut bottle gourd or round gourd pieces to absorb the gravy for around 10 minutes before serving.
Bhaji

Making the gravy

1. Add to the blender towards the blade chopped tomatoes, pieces of coconut cream, red bell pepper and ginger together with some water (if required) to achieve the consistency you want for the gravy.

2. Add chopped salad leaves (or baby spinach) and blend again. Check if desire brown colour is achieved. Otherwise add more chopped salad leaves or baby spinach leaves and blend well till required light brown colour of the gravy is attained.

3. Add turmeric powder, chopped leaves of spring onion leaves, garlic chives and blend again coarsely.

4. Finally add lemon juice or natural salt; and red chili powder- to taste and pulse few times to let it smoothly blend in.

5. Keep the gravy in a separate bowl.

6. Now add ½ Tsp Pav Bhaji Masala powder to the gravy. Mix well and keep it aside.

Assembling the Bhaji

1. In the serving bowl add grated cauliflower and coarsely hand pounded vegetables of choice

2. Add some lemon juice to taste and mix well. Add finely chopped coriander leaves and mix well.

3. Add prepared gravy from top and mix well.

4. For garnish sprinkle some cumin seeds and chili powder from top and garnish with one coriander leaf.

Your delicious raw vegan Bhajiis ready to serve.

Serving Suggestions

Serve well with Raw Vegan Jeera Rice (page 55)

Ingredients

Gravy (Coarsely ground)
- Medium cream of ½ green coconut
- Tomato- 1-2 big
- Red bell pepper – half
- Some grated ginger (optional)
- 2-3 leaves of salad leaf or baby spinach (for brown colour)
- 2-3 leaves of spring onion- finely chopped
- 2-3 garlic chives (leaves)- finely chopped-optional
- Water to blend
- Juice of 1 small lemon or as per taste
- Natural salt to taste (optional)

Other spices for gravy
- ½ Tsp dry coriander powder
- ½ Tsp Pav Bhaji Masala powder

Vegetables
- 4 florets of cauliflower- washed and grated
- ½ big yellow capsicum finely chopped and slightly hand pounded
- ¾ of big green capsicum finely chopped and slightly hand pounded
- 2 medium tomatoes finely chopped
- Some finely chopped coriander
- Some lemon juice to taste

Garnish
- Some cumin seeds
- Some red chili powder
- One coriander leaf
**Making the gravy:**

1. Add to the blender towards the blade and up: chopped tomato, yellow bell pepper, pieces of coconut, soaked raisins and blend together to achieve creamy smooth consistency you desire for your gravy. Add little water while blending only if required.

2. Add chopped spring onion leaves, garlic chives and blend coarsely again.

3. Finally add lemon juice or raw vegan salt; and red chili powder- to taste and pulse few times to let it smoothly blend in.

4. Keep the gravy in a separate bowl and add mix all balance masalas. Mix well.

5. Add the gravy on the top of koftas kept in a serving dish. Cover the koftas well.

6. Now top it up this fresh blended coconut cream and garnish well.

Serve with Raw Vegan Rice of choice.
Dal Makhani

Making the gravy

1. Blend coconut cream, chopped tomatoes and red bell pepper together with some water to achieve the creamy smooth consistency you want for your dal.

2. Add chopped salad leaves (or baby Spinach), spring onion leaves, chives (optional) and blend again. Check if desired brown colour is achieved. Otherwise, add more chopped salad leaves or baby spinach leaves and blend well till required brown colour of the gravy is attained.

3. Finally, add lemon juice or salt; and red chili powder - to taste and pulse few times to let it smoothly blend in.

4. Keep the gravy in a separate bowl.

5. Now add one piece of pre-soaked big Cardamom to the gravy and keep it aside.

Assembling the Dal

1. In the serving bowl, add the chopped or pounded alfalfa seeds. Add some lemon juice or salt to taste and mix well. Add finely chopped coriander leaves and mix well.

2. Add prepared gravy from top and mix well.

3. For garnish, swirl 1 spoon of pre-prepared coconut cream on the prepared dal. Blend it in very slightly with a spoon. Sprinkle some cumin seeds and chili powder from top and garnish with one coriander leaf.

Your delicious raw vegan Dal Makhani is ready to serve.

Ingredients

Gravy

1 - ¼ cream of young coconut (Depending upon thickness whether it is Medium or thick)
2 big tomatoes - chopped
¾ of big red bell pepper - chopped
4-5 chopped leaves of salad leaf or baby spinach (for brown colour)
3 chopped leaves of spring onion
3 chopped leaves of garlic- chives (optional)
Water to blend
Lemon juice or salt to taste
Raw red chili powder to taste (if desired)
One piece of big Cardamom- 'Badi Elaichi'
( soaked inside the dal)

Dal

4 tbs. of Alfalfa sprouts-finely chopped or slightly pounded (Refer to page number* for more information on Alfalfa sprouts)
Around 25 grams of finely chopped coriander to taste.
Lemon juice or salt to taste

Garnish

Cumin seconds- few
Raw red chili powder or flakes - few (optional)
One coriander leaf
1 spoon blended cream of one young coconut
Green Moong

Assembling the Dal

1. In the serving bowl add the pounded green moong sprouts. Add some lemon juice or salt to taste and mix well. Add finely chopped coriander leaves and mix well.

2. In a separate bowl add the gravy and mix turmeric powder well into it.

3. Add prepared gravy from top into the sprouted lentils and mix well.

4. For garnish, swirl 1 spoon of pre-prepared coconut cream on the prepared dal. Blend it in very slightly with a spoon. Sprinkle some cumin seeds and chili powder from top and garnish with a coriander leaf.

Your raw vegan Green Dal is ready to serve with rice of choice. A delicious way to have your sprouts!

Ingredients

Dal
- Green whole moong dal (lentil) sprouted and lightly pounded
- Some finely chopped coriander
- Lemon juice to taste

Gravy
- Same as Indian dip and dressing from page 22
- 1/5 tsp turmeric powder

Garnish
- One tbs of raw vegan curd (or blended coconut cream)
- Some cumin seeds
- Red chili powder (optional)
- One coriander leaf

You can also use Mixed Sprouts for this recipe
Black Channa

Assembling the Channa:

1. In the serving bowl add the pounded black channa sprouts. Add some lemon juice or natural salt to taste and mix well. Add finely chopped coriander leaves and mix well.

2. In a separate bowl add the gravy and mix turmeric powder. Garam masala powder well into it.

3. Add prepared gravy from top into the sprouted lentils and mix well.

4. Allow the channa pieces to absorb the gravy for around 10 minutes before serving for wonderful flavour.

5. Serve with jeera rice from page 55.

Ingredients

Channa
100 grams Black channa sprouted and coarsely pounded
Some finely chopped coriander.
Lemon juice &/or natural salt to taste.

Gravy
Same as Indian dip and dressing from page 22
1/5 tsp turmeric powder.
¾ tsp garam masala

Garnish
Some cumin seeds
Red chili powder (optional)
One coriander leaf

Preparation
Methi Matar Malai

Ingredients

Gravy
1 medium finely chopped green bell pepper which is just about to ripen.
100 grams of fresh de-stemmed leaves of 'methi' (fenugreek)
1/5 inch piece of ginger- grated or finely chopped
1 whole cream of young green coconut- chopped
1/5 Tsp Turmeric powder
3 chopped leaves of spring onion
3 chopped leaves of garlic- chives
1/3 Tsp Red chili powder (optional)
Water to blend
Lemon juice or raw vegan salt to taste

Peas
Take around one handful of soft sweet peeled peas. Put in a blender or food processor and give it a pulse. See picture for texture which is required for this dish.

Garnish
Some red chili powder (optional)
Some cumin seeds
Few finely chopped fresh leaves of coriander.
Some blended cream of fresh tender coconut

Preparation

Making the gravy:

1. Add to the blender towards the blade and up: chopped green bell pepper, pieces of coconut, fine pieces of baby spinach ginger.

Blend together to achieve desired creamy smooth consistency. Add little water while blending only if required.

2. Add turmeric powder, chopped spring onion leaves, garlic chives and blend coarsely again.

3. Finally add lemon juice or raw vegan salt; red chili powder, garam masala- to taste and pulse once to let it blend in.

4. Keep the gravy in a separate bowl.

5. Add the desired vegetables to the gravy and let them soak the gravy in for a few minutes.

6. Top it up with some red chili powder, cumin seeds, fresh blended coconut cream, very few coriander leaves and serve well.

Sprouted peas
Mashed peas
Sambhar

Ingredients

Gravy
1 medium tomato- chopped
1 red bell pepper- chopped
1/2 ripe big avocado or 1 tbs sprouted sunflower seeds
Some water to blend
Juice of 1/2 big lemon or natural salt to taste red chilli powder to taste. (optional)
Sambhar powder to taste
2 leaves of spring onion- finely chopped
7-10 Karhi (sweet neem) leaves- finely chopped
Some cumin seeds
Well pounded alfalfa sprouts- 1 tbs
Very finely chopped or grated vegetables of choice like tinda, tomatoes, lady-finger, zucchini. Snake gourd, sambhar cucumber

Garnish
Some red chili powder (optional)
1-2 sweet neem leaves.

Preparation

1. Add to the blender towards the blade and up: tomatoes, red bell pepper, avocado or sprouted sunflower seeds and blend together with some water to achieve desired sambhar like consistency. Blend this well so that the oil is released and shows separately.

2. Now add lemon juice, natural salt to taste; red chilli powder and sambhar powder to taste and pulse few times to let it smoothly blend in.

3. Now add a finely chopped spring onion leaves to the blender. Give it only a pulse so that it is coarsely ground and a few pieces leaves can be seen.

4. Keep the gravy in a separate bowl and add mix karhi leaves along with cumin seeds.

5. Now add the finely pounded alfalfa sprouts & chopped vegetable pieces into the gravy and mix well.

6. Garnish well with some red chilli powder and sweet neem leaves.

7. Allow the vegetable pieces to absorb the gravy for around 10 minutes before serving for wonderful sambhar flavour.

IDEA

You can create this recipe with several vegetables of choice, but remember to keep them in smaller pieces. Try to make this sambhar recipe with variations a few times to create the perfect flavour you desire.
Indian Raw Vegan Rice
Veg Pulao

Ingredients

Rice
Zucchini or cauliflower rice from page 15 as desired or available.

Additional:
1 red bell pepper: finely diced
1 yellow bell pepper: finely diced
2 medium tomatoes: finely diced
100 grams coriander: finely chopped
3-4 French beans: finely diced
Juice of ½ to whole lemon as per taste
0.5” x 0.5” size of brown coconut grated (dry or fresh as desired)

Optional:
Finely chopped sweet neem and curry leaves if available
1 small teaspoon of turmeric powder
1 small piece of grated ginger
Few finely chopped
Leaves/chives of Spring onion
Few seeds of raw Cumin
Raw red chili powder as per taste (optional)

Preparation

Making the rice

1. Keep the rice of choice in a big bowl.
2. Add desired additional toppings in the following sequence: Add finely diced bell peppers, beans, tomatoes, onion leaves, grated ginger with any other vegetables and mix well.
3. Now add turmeric powder and mix well. Add lemon juice and mix well. Add red chili powder, cumin, finely chopped coriander and mix well. Finally add grated coconut and mix well.

Serve well in a beautiful bowl or plate with a coriander leaf on top.

IDEAS

If serving zucchini pulao, then add turmeric at the end, just before serving or it tends to make the zucchini rice bitter if left for a longer time.
Mixed Veg Rice

This rice is equally delightful when made without spices.

Making the rice:

1. Keep the 'cauliflower rice' in a big bowl.
2. Add fine chopped coriander and finely chopped leaves of spring onion, garlic chives. Mix well.
3. Add red chili powder to taste, lemon juice or natural salt to taste and mix well.
4. Add finely diced coloured pepper & carrot.
5. Add finely grated ginger, & some powder of mint leaves
6. Take the finely diced tomatoes in a pounder and pound them gently. Now add this to the rice.
7. Sprinkle some cumin seed and mix well.
8. Add all balance masalas and mix well. Garnish well and serve beautifully.

Ingredients

Cauliflower rice from page 15 made with a medium sized cauliflower.
50 grams coriander: finely chopped
Few finely chopped leaves of spring onion and garlic chives
Raw red chili powder as per taste (optional)
Juice of ½ to whole lemon as per taste or natural salt
1 red bell pepper: finely diced
1 yellow bell pepper: finely diced
1 small carrot: fine diced and freeze blanched
2 medium tomatoes: finely diced
Small piece of ginger: finely grated
Few dried leaves of mint- powdered
Few seeds of raw cumin
A pinch of cinnamon powder
2 cloves
A pinch of green cardamom powder
A pinch of powder from big cardamom (Badi Elaichi)
1 small bay leaf
Assembling the biryani:

1. Take a medium or small sized bowl. Layer the bottom with 1 inch veg rice and press it down well with the spoon.
2. Add a thin layer of mint chutney (optional)
3. Add a generous layer of gravy
4. Now add another 1 inch layer of the rice and press well.
5. You can add more layers in the same order if your bowl is bigger.
6. Now take the serving plate and gently turn the full bowl over it. Be careful not to spill but to slowly tap the whole rice out maintaining the shape of the biryani.
7. To this up with some gravy on one side.
8. Sprinkle some saffron strands, finely chopped coriander leaves, spring onion leaves and cumin seeds on top.
9. Serve with raw vegan raita of choice from page 18

MORE IDEAS

During layering you can also add a layer of finely chopped tomatoes and green Rice (page 53) for a variation.

You can also bend ad bell pepper with some water to make a fine paste. Add this paste to some veg rice to make red rice. This can be layered in between to bring beautiful colours to your biryani.
Poha

This recipe is one of the favourite transition recipes for rice lovers.

Ingredients

- 100 grams of Hand Pounded- Poha (beaten rice)-soaked over-night & drained. Keep in a sieve for 15 minutes so that it becomes dry.
- ¼ T spoon of turmeric powder.
- Juice of ½ to whole lemon as per taste or natural salt
- Raw red chili powder as per taste (optional)
- 50 grams coriander: finely chopped
- Raw red chili powder as per taste
- Few finely chopped leaves of spring onion
- 1 red bell pepper: finely diced
- 1 yellow bell pepper: finely diced
- 1 tomato- finely diced (optional)
- Few seeds of raw cumin
- 0.5” x 0.5” or more of grated dry coconut (as per your taste)

Preparation

Keep the pre-soaked and drained poha in a bowl.

Add turmeric powder and mix well.

Add lemon juice or natural salt to taste and mix well.

Add red chili powder and mix well.

Add fine chopped coriander and finely chopped leaves of spring onion.

Add finely diced coloured pepper. Mix well.

Take the finely diced tomatoes in a pounder and pound them gently. Now add this to the rice.

Sprinkle some cumin seed, grated dry coconut and mix well.

Garnish well and serve beautifully

IDEA

If you like this recipe warm then soak your poha just before using in warm (not hot) water. Then drain and use.
**Ingredients**

**Rice**
- Cauliflower rice made from 3 big florets from page 15
- 4-5 florets of finely chopped or grated broccoli.
- Some fine chopped coriander, leaves of spring onion, garlic chives
- Juice of ½ to whole lemon or natural salt to taste
- Raw red chili powder as per taste (if desired- optional)
- Few seeds of raw Cumin

**Preparation**

**Making the rice:**

In a bowl- take the cauliflower rice and mix with finely chopped coriander; leaves of spring onion and garlic chives.

Add lemon juice or natural salt to taste and mix well.

Add chili powder to taste and mix well.

Now add cumin seeds and mix

Serve beautifully with other raw vegan main-course dishes

**IDEA:** You can add some fine chopped coloured bell-peppers, some crushed fresh peas and other vegetables to this recipe. Tomatoes don’t taste very well in this one unless you like them.

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**Curd Rice**

**Rice**
- Cauliflower rice made from a medium sized from page 15
- Small piece of ginger-grated
- Raw Vegan curd from page number 13
- Some fine chopped coriander
- Finely chopped 7-10 sweet neem curry leaves
- Juice of ½ to whole lemon or natural salt to taste
- Raw red chili powder as per taste (if desired-optional)
- Few whole mustard seeds

Optional garnish: leaves of spring onion and few pomegranate seeds.

**Preparation**

**Making the rice:**

In a bowl- take the cauliflower rice and mix with finely grated ginger.

Add 1-3 tbs of raw vegan curd and mix well.

Add finely chopped coriander & sweet neem leaves.

Add lemon juice or natural salt to taste. Add chilli powder to taste and few whole mustard seeds and mix well. Garnish well with leaves of spring onion and few pomegranate seeds if desired.
Rice balls

Making the rice:
In a bowl- take the cauliflower rice mix with grated carrot (optional)
Add 1-3 tbs of raw vegan curd and mix well.
Add finely chopped coriander or sweet neem leaves.
Add lemon juice or natural salt to taste. Add chilli powder to taste and few cumin seeds and mix well.
Now make them into small balls and serve them beautifully

IDEA: You can add some fine chopped coloured bell-peppers, some crushed fresh peas and other vegetables to this recipe. Tomatoes don’t taste very well in this one unless you like them.

Ingredients

Rice
Cauliflower rice made from a medium sized from page 15
1 Tbs Raw Vegan curd from page number 13
Some fine chopped coriander
Finely chopped 7-10 sweet neem curry leaves
Juice of ½ to whole lemon or natural salt to taste
Raw red chili powder as per taste (if desired-optional)
Few whole cumin seeds
Half of medium sized grated carrot (optional)

Preparation

Poha Rice Balls

Rice
100 gms hand pounded Poha pre-soaked for 2-8 hours and drained.
1-1.5 Tbs Raw Vegan curd from page number 13
Some fine chopped coriander
Juice of ½ to whole lemon or natural salt to taste
Raw red chili powder as per taste (if desired-optional)
Few whole cumin seeds

Making the rice:
Take the pre-soaked and well drained poha and churn it well into the small food processor (which accompanies the blender)
Take this out into a bowl. Add raw vegan curd and mix well.
Add finely chopped coriander or sweet neem leaves.
Add lemon juice or natural salt to taste.
Add chilli powder to taste and few cumin seeds and mix well.
Now make them into small balls and serve them beautifully with any raw vegan gravy of choice.
Ingredients
Cauliflower rice from page 15 made with a medium sized cauliflower.
50 grams coriander: finely chopped
Few finely chopped leaves of spring onion
Raw red chili powder as per taste (optional)
Juice of ½ to whole lemon as per taste or natural salt
2 tomatoes: finely diced
Few seeds of raw Cumin

Preparation
Keep the ‘cauliflower rice’ in a big bowl.
Add fine chopped coriander and Spring onion. Mix well.
Add red chili powder to taste, lemon juice or natural salt to taste.
Take the finely diced tomatoes in a pounder and pound them gently. Now add this to the rice.
Sprinkle some cumin seeds and mix well. Serve beautifully.
Thankyou for creating joy at your home and everywhere with these simple, yet very highly nutritious raw vegan recipes. We are sure that by now you must have innovated many more creative recipes. We invite you to send us your recipes so that the selected ones can be added to the Foundation's website for the benefit of all.

After leading a fresh, well-balanced, age-appropriate raw vegan lifestyle in India since 2012, we recommend it for all kids and adults. We invite you to try raw vegan recipes and lifestyle through the website. Different raw vegan diets may be suitable for different people. If you wish to go raw vegan for therapeutic reasons or for long term then we recommend you to attend our program & read our book on: ‘Therapeutic Raw Vegan Nutrition, Lifestyle and Recipes’ You can also attend our other live or online programmes or look up articles and books for recommended reading on the website: www.indianrawveganfoundation.com to help you create a balanced, fresh, natural, age-appropriate raw vegan diet as per your individual needs. Our wish for you is that you enjoy great health, well-being and fitness with your loved one’s at all times, along with successfully knowing yourself on your inner path...Or even better...

Best Wishes,

Anjali Sanghi & Family

EBOOKS & BOOKS

- Indian Raw Vegan Sweet Delights: Recipe Book
- Indian Raw Vegan Main Course Delicacies: Recipe Book
- Therapeutic Raw Vegan Nutrition, Lifestyle & Recipes
- Little Monkey's Birth Day: Story Book for Kids
About Indian Raw Vegan Delicacies

We are delighted to share with you some of our delicious Indian chaat, salad & main course recipes for everyday enjoyment. These are very simple and instant to create and are sure to nourish not just your body or your taste buds, but your whole being: body-mind-soul-spirit. We hope that these recipes will make your heart sing too and make your soul dance in delight of Nature’s wonders.

“Let the abundance of natural nutrition and much more which is yet un-known- nourish your system inside out. Let the power of Mother Nature's foods empower you with greater clarity, more positive thinking and heightened creativity which a deeper sense of peace.”

Come and join us as we together explore this world of nature’s gift to the lovers of Gourmet Indian cuisine...

REVIEWS

Since long I was on the look out for a good raw vegan recipe book by some Indian author but in vain. Then I got to know of Anjali and did her three days’ raw vegan recipe program. There, I made and tasted most of the recipes given in the book. Those were so tasty and appealing to our Indian taste buds. Chutneys- red, white and green were simply awesome! Add them to your salad and you simply forget that you are not eating cooked. Thanks to her recipes, now I am on 100% raw vegan diet for last two months without any cravings! I wish Anjali all the very best in all her endeavours!

~ Padmini Singla, IAS, MD, Delhi Tourism

The two day boot camp busted a lot of myths and I woke up to the amount of mis-information there is out there. I think the Biggest question with the word RAW is...Is it filling? Do you feel satiated, like you do after a cooked meal? And second is...Will I get my nutrition? The answer was in the food itself. A big thumping YES. Indian Raw Vegan recipes are doable, fun, satisfied the tongue (which is important) and the bonus was that you don’t feel sleepy after eating, you feel energised. Another bonus is that most recipes save you time in the kitchen.

~ Mathangi Jagdish- Ma.Ja, Playback Singer, Song Writer, Performer

It was a wonderful experience for me and my daughter who’s 8 to attend the 3 days raw vegan program with Anjali Sanghi. We had great fun in creating Indian dishes in this program. I would wish for more children to have fun with natures bounty and make a start to healthier life, beautiful mind and body. Thank you so much Anjali as I have so wonderfully taken now to being mostly high raw and my family really like to try whatever I make every day in raw food. I wish and hope for a more joyous Planet. All the best and love

~ Gunjan Kochhar, Yoga therapist and Healer

About Anjali Sanghi

Anjali is a Founder Trustee of Indian Raw Vegan Foundation
She is also a practitioner & student of Institute of Spiritual Sciences and Siddhshakti Meditations since 2003 which have healed her inside out.
Anjali is an author and speaker on ‘Raw Vegan Foods & Lifestyle’.
Integrating her vision, true experiences, & intuition, Anjali serves people to connect themselves back to their own power, inner healing, peace and wellbeing through her books and programmes.
Anjali has become a medium of innovating several wonderful creations including allergen free, un-cooked, gourmet, Indian Raw Vegan Delicacies: Drinks, Chat, Main-course & Sweets, which she shares through her Raw Vegan Recipe Books. Anjali’s self-illustrated story book titled ‘Little Monkey’s Birth Day’ is loved by kids of all ages- worldwide...
You can know more about her through www.anjalisanghi.com