

Hello dear friend !

Thank you for being here 🙏

13 years ago, if someone had told me that I would start my day with meditation and yoga, nourish myself with the highest prana foods, be full of energy and free of disease, guiding thousands of people to improve their health through courses and retreats, I would have laughed at them.

You see, I grew up battling many health challenges. By the time I was 30, I had lost all hope of living a 'normal' life. I barely had energy to go through the day.

Plant based diet, living in tune with nature and my inner body wisdom, gave me a new life. My chronic health issues disappeared in few months. It also gave me a mission – to share everything I learnt – with you.

So here is a very little token of love from me to you.

Some delicious wholesome plant based salad recipes from my kitchen.

Really hope you enjoy them and I look forward to remaining in touch with you.



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Lettuce Wraps with Almond dressing

An innovative way to pack in salad leaves and veggies.



Almond Dressing

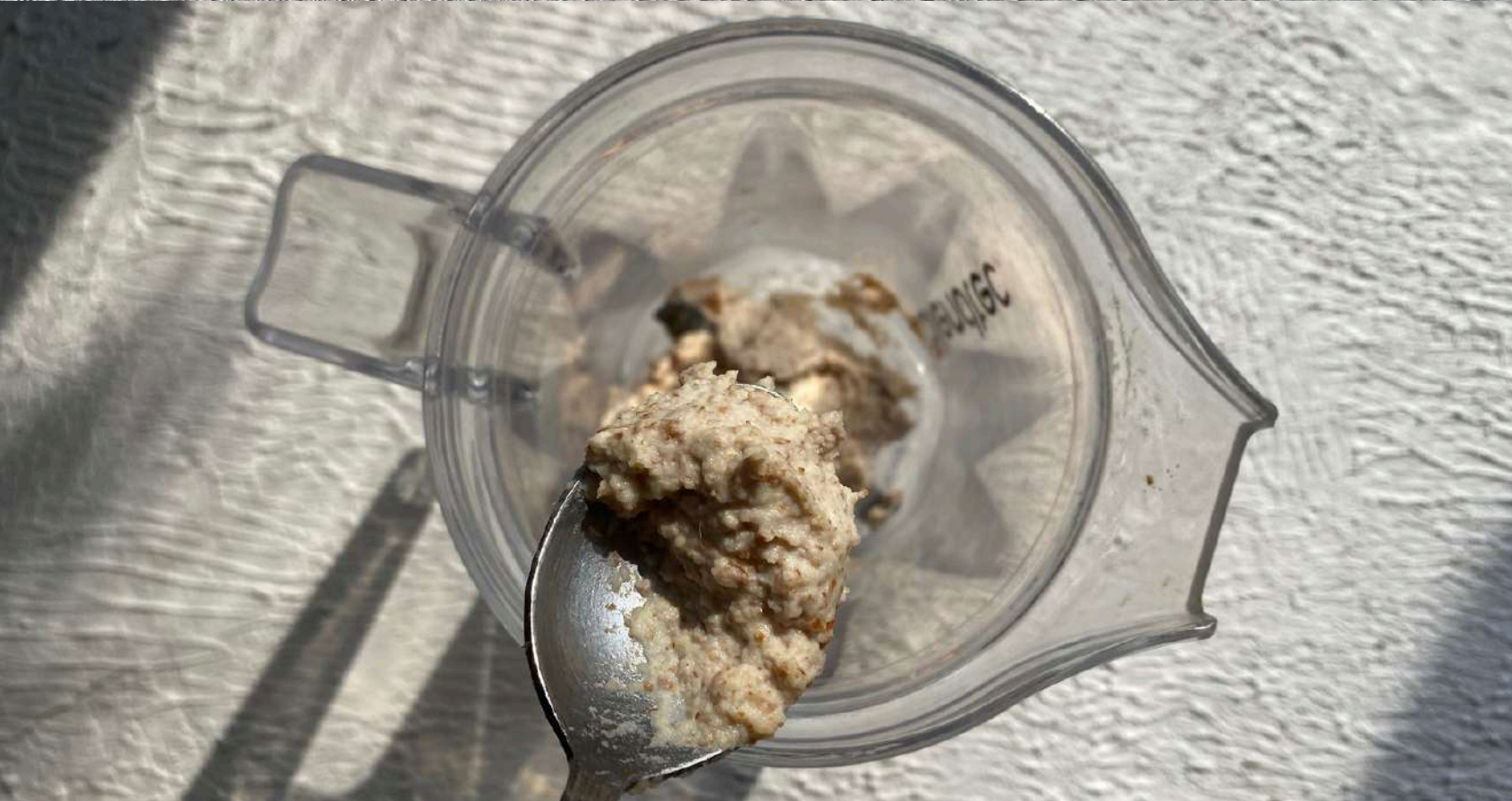
Ingredients

1 tbsp fresh grated ginger
1 clove garlic
½ cup almonds
1 tbsp lemon juice
Rock salt to taste

Method

In a food processor/grinder combine ginger garlic and salt. Blend until well combined.
Add the almonds and process into a fine meal.
Add lemon juice. Slowly add the water, 2 tbsp at a time until a thick hummus like texture is achieved.

Shelf Life of Dressing – Lasts upto 4-5 days in refrigerator. Store in a glass container with lid.



Lettuce Wraps

Ingredients

4 large lettuce leaves
1/2 red bell pepper (julienned)
1 medium carrots (julienned)
1 tbsp sesame seeds

Assembly

Add 2-3 tbsp of dressing to each lettuce leaf. Top with julienned vegetables and sprinkle sesame seeds on top. Tuck in the sides and roll up each leaf into a tight wrap. If the wrap is big, slice into half. Ready to eat.



Variations

1. Try the pate recipe with sesame, walnuts or peanuts.
2. Instead of wraps, place the pate in small cups and stick in salad sticks.
3. Add in Tofu slices and this can become a meal replacer salad.

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Ensalada Mexicana

A sweet and spicy salad in a Jar



Ingredients

- ½ cup kidney beans (soaked overnight and cooked with salt).
- ⅓ cup fresh corn
- ½ cup avocado 6-8 cherry tomatoes (regular will do if cherry tomatoes are not available)
- 2 tbsp mint
- 2 tbsp coriander
- ⅓ cup chopped pineapple
- 1 cup iceberg lettuce
- 1 red jalapeno pepper (optional)
- Any other veggies of choice such as cucumber, bell peppers, onion etc.



Dressing

Ingredients

- 3 tbsp apple cider vinegar
- ½ cup chopped pineapple
- 1 tsp grated ginger
- 1.5 tbsp date paste
- salt to taste

Method

- Grind all the dressing ingredients together into a smooth paste.
- Make it thinner by adding 2 tbsp of water to it.
- Pour the dressing at the bottom of the glass jar.

Shelf Life of Dressing : 1 day in refrigerator





Assembly

- Remove the seeds of the jalapeno and fine chop.
- Now start layering the jar first with kidney beans, corn and avocado.
- Above these layers, place the remaining vegetables.
- Close the jar and keep refrigerated till it's time to eat.
- Before eating shake the jar, turn it upside down several times, till the dressing reaches till the top layer. Enjoy.



Variations

A salad in a jar is a great idea to carry your salad when going out. This is also a meal replacer salad.

- You can replace kidney beans with practically any other bean or sprouts.
- Vegetables can be replaced with any that are available at home.
- Ensure that the dressing is separated from vegetables with at least 1-2 layers, so they don't release their water.

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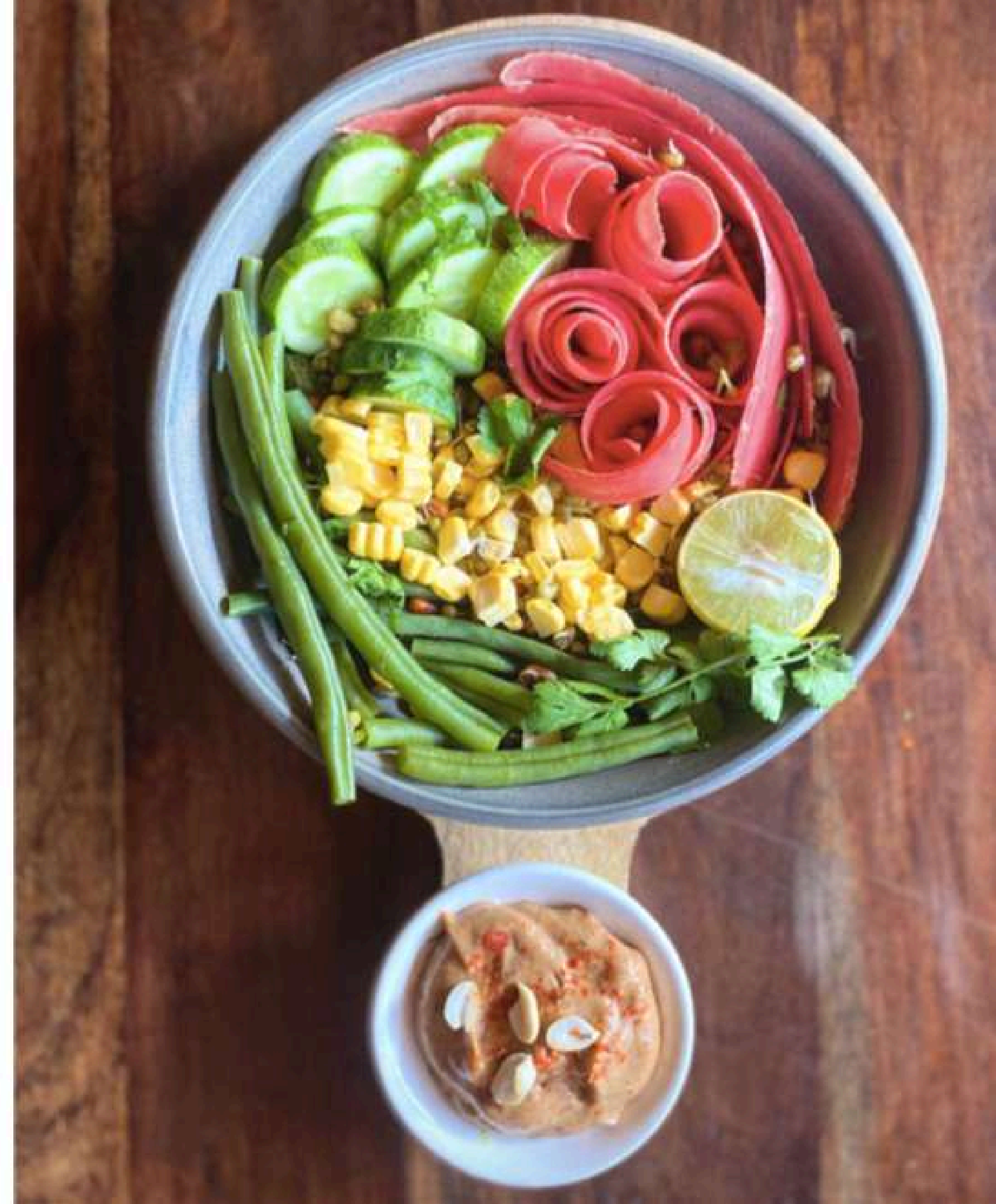
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Balinese Gado Gado Salad

A protein rich meal in a bowl



Spicy Peanut Sauce

Ingredients

- ¼ cup plain peanut butter*
- 1 clove of minced garlic
- ½ tbsp grated ginger
- 2 tbsp dates paste
- 2 tbsp soy sauce
- ½ tbsp lemon juice
- 1 tsp onion powder
- ½ tsp cumin powder
- ¼ tsp chilli powder
- Salt to taste

Method

- Dressing Blend all ingredients together till smooth. Add a little water if needed to make it slightly runny.

*if making peanut butter at home, scroll to next page..





Home-made Peanut Butter

Ingredients

- 100gm peanuts

Method

- Lightly roast the peanuts (with skin).
- Once cooled, grind them in a dry grinder (without water or oil) for 7-10 minutes till it becomes smooth.
- Store in a glass container.



Salad Ingredients

- ¼ cup bean sprouts
- ¼ cup carrot (broad juliennes)
- 100gm french beans
- ½ cup cucumber sliced
- ¼ cup corn fresh
- Coriander, few sprigs
- Roasted broken peanuts (for garnish)

Method

- Cut off the stems of the beans and steam them whole for 5 min.
- Steam the sprouts and corn (if you cannot have it raw).
- Arrange the veggies in a bowl. Pour the dressing on top and mix well. Enjoy.

Shelf Life of Peanut Butter :- 1-2 months (outside)

Shelf Life of Sauce :- 4 -5 days in Refrigerator

Variations

Gado Gado in balinese means a cooked and raw salad, so you can practically throw any vegetable of your choice in to it such as bell peppers, broccoli, cauliflower, cabbage or tofu.

The peanut sauce is also very versatile and you can flavour it as per your pallete by reducing or removing any herb/spice/condiment and adding what you like Eg. Tamarind, coriander powder, miso, vinegar, asafoetida etc.

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Millet Tabouleh

Traditionally tabouleh contains lots of parsley and couscous. I've given it a healthier indianized twist by adding millets which are high in fibre and nutrients, gluten free and also added lots of veggies and seeds to make it wholesome.

The outcome is a beautiful salad that could also work as a meal :)



Ingredients



- ¼ cup millet (soaked overnight)
- ¼ cup medium onion chopped
- 1/3 cup chopped tomatoes
- ½ cup zucchini (chopped in half moon slices)
- ¼ cup chopped parsley/coriander
- 2 tbsp chopped mint
- ½ tsp minced garlic
- ½ tsp minced ginger (optional)
- 2 tbsp chopped raisins
- ½ tbsp each sunflower and pumpkin seeds
- Salt, pepper and lemon juice to taste





Method

01

Cooking the Millet

Millet should ideally be soaked overnight. Drain the water. Add fresh water (twice the amount) and boil. This should take about 6-8 minutes to cook. Set aside to cool.

02

Assembly

Lightly toast the sunflower and pumpkin seeds. Pan roast the zucchini till tender. Set aside to cool. Combine all ingredients in a bowl and mix well.. Add the seeds last so as to maintain their crunchiness.

Variations

Any small millet like barnyard, proso, kodo or little millet can be used for this recipe.

Experiment with ingredients.

Feel free to add other vegetables, seeds and herbs of your choice.

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Carribean Sweet Potato Salad

A pretty simple fulfilling salad. The sweetness from the sweet potato, combines with the coating of various herbs and spices creating a delightful experience to the pallete.

A great meal replacer salad too!





Ingredients

- 2 medium sweet potatoes
- 2 cups salad leaves
- ½ cup chopped tomatoes
- ¼ cup roasted crushed peanuts

Seasoning

- 2 tsp dates paste
- Lemon juice, salt and pepper to taste

Method

- Mix the seasoning ingredients. Keep aside.

Sweet Potato Coating

Ingredients

- 2 tbsp peanut powder*
- ½ tsp ground cinnamon
- ¼ tsp red chilli
- A dash of nutmeg
- 1 tsp mixed herbs
- ½ tsp salt
- ¼ tsp pepper

Method

- Mix the peanut powder, herbs and spices together.

*To make peanut powder, lightly roast peanuts, and pulse several times in a dry grinder, till it is powdery.





Method

- Wash and steam/boil the sweet potatoes (with skin) till 80% done.
- Slice them into ½ inch thick roundels.
- Coat them with the spice mix.
- Put on a baking tray and bake for 10-15 min, till crisp tender. Set aside to cool.
- Toss in with all salad leaves, tomatoes and peanuts. Mix in the seasoning ingredients. Serve.

Shelf Life of Coating :- 1 month in refrigerator.
Store in a Glass Jar.

Variations

- If sweet potatoes are not available, practically any vegetable such as potato, cocolasia or yam could be used.
- Instead of coating the potatoes, you can also mash them and mix the seasoning and bake/pan roast.

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Salatet Malfouf

Lebanese Cabbage Salad





INGREDIENTS

Salad

- 2 cups chopped cabbage
- ½ cup raddish thin sliced
- ½ cup carrot grated
- 1 tomato sliced
- ¼ cup olives
- few sprigs of mint and parsley

Dressing

- 2 tsp dates paste
- ¼ tsp pepper
- 1 tsp minced garlic
- 2 tbsp watermelon zaatar *
- Salt and lemon juice to taste

(for watermelon zaatar scroll to next page)





WATERMELON ZAATAR

Ingredients

- 1 tbsp thyme
- 1 tbsp oregano
- 1.5 tsp cumin
- 1 tbsp coriander seeds
- 1 small red chilli (seeds removed)
- 1 tbsp watermelon seeds
- ½ tsp rock/black salt

Method

- Lightly roast the watermelon seeds, cumin seeds, coriander seeds and red chilli (all separately).
- Pulse the watermelon seeds till powdery. Keep aside.
- Grind the remaining ingredients till powdery. Add the watermelon powder into this. Zaatar is ready.

Shelf life of Zaatar - 15-20 days (outside).

This can be kept in an airtight container and used to sprinkle on soups, salads, sandwiches, or to flavor rotis etc.

SALAD ASSEMBLY

- Mix all the dressing ingredients together to get a course dressing.
- Massage the Dressing into the vegetables.
- Let them sit for 10 minutes till the cabbage is tender.
- Sprinkle some water melon seeds and mint/parsley on top. Serve.



VARIATIONS

- This salad can be had a side or a meal by itself.
- Apart from cabbage, any other vegetables can be replaced by available seasonal vegetables, and can be grated instead of sliced too.
- Zaatar is traditionally made with sesame seeds, and can be made with other seeds such as flaxseed, pumpkin, sunflower, cucumber or a combination of these too.

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Cool as a Cucumber Salad

Summer Cooler





Ingredients (Serves 2)

- 2 cup chopped cucumber
- 4 tbsp chopped raisins (soaked)
- 4 tbsp chopped coriander
- 4 tbsp grated coconut
- 4 tbsp roasted peanuts (broken)
- Salt, pepper and lemon to taste



Method

Mix all ingredients together and serve fresh.

Variations

- This refreshing and simple salad works best with a single vegetable.
- It can be done with carrots, bell peppers or cabbage.
- To make it more fulfilling (like a meal replacer salads), steamed moong or black chana sprouts can be added.



Thank you for going through these recipes! I'd love to hear how you and your family enjoyed these salads. Also don't forget to tag me on social media if you share any of them!

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