



HEALTHY WEIGHTLOSS RECEIPES



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Banana - Oats Smoothie



Ingredients

1/2 banana

2 dates

1 tb sp Oats

1/2 Cup curd

Process

Take banana, curd dates and oats in a mixi bowl and make smooth paste , one or two spoon water if needed and garnish with nuts

Suji- Oats Vegetable Uttapam

Ingredients

1 cup instant oats
1/2 cup semolina
1/2 Cup curd
2 tbsp chopped onion
2 tbsp chopped carrots
2tbsp chopped capcicum
1 tbsp coriander & green chilli
1tbsp cold press oil
Salt as per taste

Steps

1: mix semolina and oats powder
2: add salt and curd
3: add vegetables and coriander & chilli to it
4: mix well & give good mix
5: heat tawa and apply some oil
6: pour batter and make 3 medium size uttapam
7: cook on both sides
8: Serve with chutney or raita

Masoor dal Palak Khichdi

Ingredients

1 cup brown rice

1/2 cup masoor dal

2 cup spinach (roughly chopped)

1 tsp chilli ginger garlic paste

1 cinnamon stick

1 tsp garam masala

1 chopped onion

1 chopped tomato

1 tbsp Ghee or oil

1 tsp mustard sees & cumin

Salt as per taste

Steps

1: pick and rinse both dal and rice

2: soak them for 1 hour

3: make puree of palak

4: Heat oil or ghee in pressure cooker

5: Add mustard and cumin, cinnamon

6: add onion and tomatoes to it

7: add ginger garlic paste & add salt and garam masala

8: add palak puree

9: add dal and rice to it

10: Pour 3.5 cup water

11: Stir and mix well and pressure cook for 3 whistle

12: Serve with curd and enjoy



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