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# Give Up Dairy This Paryushan

## The Jain Vegan Initiative

### -Vegan Paryushan Guide for Beginners-

## Ingredients to Avoid:

- All products containing dairy ingredients such as ghee, butter, milk, cheese, curd/yogurt buttermilk, cream, paneer, milk powder, cream cheese, sour cream. For any store-bought products, check the ingredients list for casein and whey powder.
- All vegetables including tomatoes:
  - green chilies- replace with dry red chilies
  - fresh herbs like cilantro, basil, mint, oregano, kadhi patta, etc. - Replace it with dried herbs
  - lemon - replace it with amchur (dry mango powder) or tamarind (Imli)
- All fresh fruits, including bananas
- Sprouts
- Yeast - avoid breads
- Any fermentation overnight like soaking pulses/ grains/ millets for idli/ dosa/ dhokla/ handwa etc. Instead soak it early morning at 5am

## Ingredients can be Used:

(Apart from the substitutes mentioned above):

- All grains, lentils and pulses
- Millets- flour and whole
- All flours
- Dry herbs like basil, mint, oregano, rosemary etc.
- Rava (cream of wheat), cracked wheat (fadaa), quinoa.
- Poha
- Desiccated coconut for kadhi or any Sweets/Mithaais.
- All dry spices including cinnamon, Bay leaf (Tej Patta), kokum, whole red chilies, chili flakes, dry ginger powder (soonth powder), etc.
- Soya chunks
- Oils
- Seeds like sesame, melon, chia, flax, pumpkin, etc. for dips/sauces/desserts
- Nuts - For making homemade nut butters and cheese sauce
- Desiccated coconut - to use in desserts and to make nut butter oil as a replacement for ghee.

## Substitutes for Dairy: Non-Dairy options:

- **PLANT BASED MILKS:** soy, oat, coconut or nut-based milk like almond, cashew, etc. or seed based like hemp.
- **PLANT BASED YOGURT** - soy, coconut, rice, oat, and nut based like almond, cashew, peanut, etc. If it is store-bought, make sure it does not contain potato/ tapioca starch. This yoghurt can be used for kadhi, raita, buttermilk, handwa, dhokla or any recipe that calls for yoghurt.
- Replacement for Ghee - Vegan ghee or vegan butter/Neutral flavor Coconut oil
- Replacement for paneer - Tofu, homemade seitan
- Cheese - Different nuts, such as almonds and cashews for homemade cheese sauce

**Disclaimer** - Ideally nuts, seeds, Semolina (Rava), All-purpose Flour (Maida), seeds like sesame, poppy seeds, etc., store-bought tofu, are not consumed by strict Jains during Chaumasa and Paryushan.

*Please use your discretion to make your transition to veganism comfortable.*

## Vegan Paryushan Recipes for Beginners

These recipes are contributed from our audience who wants to help you get started and support your decision by providing basic recipes that substitutes dairy. We appreciate you all who decided to give up on dairy at least during our Jain Mahaparva - Paryushan.

During Paryushan, many follows strict diet and other may not. By giving up on dairy, we are contributing towards Jiv Daya - for the cows, and saving “Panchendriya” lives. That being said, we need to focus on other alternatives. We have included recipes with nuts and seeds that provide amazing alternatives against dairy products. If you are observing Paryushan in its totality, please use a substitution if provided or simply skip that recipe.

# Homemade Coconut Ghee

Serving: ½ Cup

## Ingredients:

- 1 cup shredded/powdered desiccated coconut

NOTE: Do not add water

## Instructions:

- Place the desiccated coconut in the grinder till the jar is almost full. Grind until it turns to butter.
- Occasionally scrape down the sides to ensure that all of it blends evenly into a butter consistency. This should take about 5-7 minutes. Take breaks to cool the mixer.
- Empty in a glass jar and store at room temperature. This will stay fresh for 1.5- 2 months
- Do not refrigerate.
- Use on roti, khichdi, or dalia.

*Recipe adapted from <http://priyankajain.com/plant-based-vegan-yogurt-recipes/>*

# Plant Based Milk

## Ingredients:

- 1 cup soaked nuts /seeds
- 4 cups water

## Instructions:

- Wash and soak nuts/ seeds (Cashew/ almond/ peanut/ pumpkin seeds /watermelon seeds or any other) for 5-6 hours.
- Wash nuts / seeds thoroughly
- Blend the nuts /seeds with water in a 1:4 ratio
- Strain if needed (mostly peanut)

*Recipe by Minal Agrawal - Chennai, India. Proud Contributor*

# Almond Milk

## Ingredients:

- 1 cup of almond

## Instructions:

- To extract easy almond milk, just soak a cup of almond in the boiling water for 15 mins. Drain it and remove the skin as soaking in the boiling water, the skin comes out easily.
- Soak the skinned almond in fresh normal water for 6-7 hours and then grind it adding 4 cups of water gradually.
- If you want the instant almond milk then soak 10-12 almonds in the boiling water for 15 mins. Remove the skin and grind it in 100ml water, adding more water gradually.

*Recipe by Minal Agrawal - Chennai, India. Proud Contributor*

# Vegan Butter

Serving: 250 Grams

## Ingredients:

- ½ cup refined coconut oil (to avoid the strong smell of coconut)
- ½ cup sunflower or safflower oil
- 2 TBS of extra virgin olive oil
- 1 tsp Apple cider vinegar
- ½ cup of unsweetened soy/almond (strained)/ cashew milk
- 1 tsp salt

## Instructions:

- Bring the coconut oil at room temperature
- Mix the salt in the milk thoroughly
- Mix the apple cider vinegar in the milk and let it curdled for ten minutes
- Pour the milk mix in the blender
- Mix all 3 oils in a separate bowl
- Add 50% of mixed oil in the blender
- Blend on high speed for 2 minutes until it's smooth
- Add the remaining mixed oil and blend for 2 more minutes to form the homogeneous consistency semi liquid.
- Pour it in mold or in a glass jar and keep it in the freezer to solidify for 6-7 hours.
- Remove it and unmold it and keep it in the fridge.

NOTE: Shelf life for 3 weeks in the fridge.

*Recipe by Minal Agrawal - Chennai, India. Proud Contributor*

# Watermelon Seed & Rice Yogurt/Curd

Serving: 500 Grams

## Ingredients:

- One cup of soaked watermelon seeds for 5-6 hours. Soak early morning (you can use cashews also instead of watermelon seeds)
- 2 cups of cooked rice.
- Three whole dried red chilies, chopped into big chunks with the stem.

## Instructions:

- Make the thick and creamy paste out of soaked watermelon seed
- Make the thick and creamy paste out of cooked rice. Add little water when required while grinding to make sure that the paste is without any lumps.
- Mix both the paste (the consistency of the past should be as thick as dosa batter).
- Just warm the mix for 20-30 seconds on the low flame, stirring it continuously to avoid sticking at the bottom of the pan.
- Add 3 whole dried red chilies to the lukewarm mix.
- Stir it nicely and put it in the airtight container for 10 to 12 hours (depending on the weather).
- Remove the pieces of chilies when the curd is set. So it won't turn bitter
- P.S. you can replace the watermelon seeds with boiled peanuts (soak the peanut for 7-8 hours before boiling it) or you can replace watermelon seed with the soaked raw cashews. The curd is highly rich in probiotics.

NOTE: Rub the paste of watermelon seed and rice with fingers to check if it is as smooth as the dosa batter when grinding it. The paste should be without any fine granules.

*Recipe by Minal Agrawal - Chennai, India. Proud Contributor*



# Peanut Yogurt

## Ingredients:

- 1 cup raw peanut
- ¼ cup brown rice
- 6 cups water, divided
- Culture from store bought vegan yogurt

## Instructions:

- Wash and soak brown rice and peanuts for 3 hrs.
- Drain rice and peanut mixture. Discard the excess water.
- In a blender, blend brown rice and peanut mixture along with 2 cups of water until pulverized.
- Strain blended contents into a pot to separate the peanut milk from the pulp. Use a cheesecloth or nut milk bag for this.
- When the blended contents have been strained, add the remaining 4 cups of water ONE cup at a time to the pulp to further extract more peanut milk. In total, 6 cups of water should have passed through the pulp in the strainer by the end.
- Set aside peanut pulp. This can be used in several other recipes such as smoothies and stir fry.
- Boil the peanut milk while constantly stirring. When boiling, turn off the heat and let the peanut milk cool to lukewarm temperature.
- Add 2 spoons of store-bought yogurt to the milk and mix thoroughly.
- Pour milk into a container with a lid and set in a dark place or under a towel to set overnight. Your yogurt should be set the next day.

*Recipe by Urvashi Jain - Houston, TX. Proud Contributor*

# Horchata

Serving: 4

## Ingredients:

- ½ cup uncooked white rice
- ½ cup almonds, chopped
- ¼ -½ cup sweetener of choice (sugar, agave, dates, etc), or as needed
- ½ cup any unsweetened plant milk, optional (soy, coconut, cashew, almond, rice, oat, etc)
- 1 whole Ceylon/Canela cinnamon stick (OR 2 whole of other varieties)
- ¼ tsp ground cinnamon
- 1 tsp pure vanilla extract
- 1 ½ cups water, boiling
- 1 ½ cups cold water
- 1 pinch of salt
- Ice as needed

## Instructions:

- Soak uncooked white rice, almonds, salt, and cinnamon stick(s) in just-boiled water for at least 6 hours, slightly uncovered.
- Drain the mixture and add the soaked mixture to a blender along with your sweetener, cold water, and vanilla.
- Blend until mixture is almost pulverized and only slightly grainy, if at all.
- Strain the contents of a blender through a cheesecloth or nut milk bag into a large serving bowl.
- Only the pulp should remain in the cloth. Set pulp aside.
- Stir in optional plant milk and ground cinnamon into the strained liquid. Add sweetener and cinnamon as necessary.
- Serve chilled over ice.

## Easy Quick Horchata Fix for ONE:

Replace rice, almonds, whole cinnamon, all water, and optional plant milk with ½ cup of chilled almond milk & ½ cup of chilled rice milk. Add together along with vanilla, ground cinnamon, salt, and 1 tablespoon sugar. Use a blender if using whole, not ground, forms of sweetener (ex. dates). Serve over chilled ice.

NOTE: When using pre-made commercial brands of plant milk, take note of the sweetness already included so that you can adjust additional sweetener in the recipe to taste.

*Recipe by Kevali Bhakta - Houston, TX, Proud Contributor*

# Oat+Soy Milk Masala Chai

*Nut Free*

Serving: 2



## Ingredients:

- ½ cup each: regular Oat milk & regular Soy milk
- ¾ cup Water
- 1TBS Sugar or to taste
- 1 ½ TSP loose Tea (Chai Patti)
- ½ TSP Tea masala blend

## Instructions:

- Heat water in a saucepan over medium to high flame. Add loose tea, tea masala, and sugar. Bring it to boil.
- Add room temperature or warm Oat & Soy milk. Bring the mix to just about a boil and turn of the heat. Some plant milk tends to separate when added to the hot water or over boiled.
- Strain the tea with using strainer. Serve hot!

*Recipe by Megha Shah - Dallas, TX, TrueV*

# Enjoy Your Coffee

Serving: 1 Cup

## Ingredients:

- 1 TSP coffee powder
- sugar to taste
- 1/2 cup water
- 1 cup almond milk/soy milk

## Instructions:

- Add coffee powder and the sweetener to the mug
- Boil the water
- Add the milk and heat it
- Pour the heated milk to the coffee powder, sugar. Stir it.

Note: Do not boil the milk if it is home made. Just heat it.

*Recipe by Minal Agrawal - Chennai, India. Proud Contributor*

# Vegan Tea

*You Don't need to miss your tea*

Serving: 2 Cups

## Ingredients:

- 2 cups water
- 1 cup almond milk (strained if home- made)/ soy milk/ oat milk
- 2 tea spoon (TSP) tea powder
- sugar/ jaggery to taste
- 1/8 tsp chai masala
- 1/4 tsp Elaichi powder

## Instructions:

- Boil the water and add the tea powder
- Add sugar
- Add tea masala
- Once it boils add the milk to the water
- Add the elaichi powder
- Let it heat for a minute on sim
- Keep stirring once the milk is added.
- Bring to a boil and switch off the gas
- Strain it and enjoy

Note: Do not let the milk boil if it is homemade almond milk. Store-bought plant-based milk can be boiled once.

*Recipe by Minal Agrawal - Chennai, India. Proud Contributor*

# Nut Free Creamy Tea

## Ingredients:

- ½ cup water
- 1 tsp tea powder, or as desired
- 1 pinch tea masala
- 1 tsp sugar, or as desired
- ½ cup oatmilk (Chobani Extra Creamy, Planet Oat Extra Creamy, etc)
- 1 drop rose essence (optional)

## Instructions:

- Heat water, tea powder, and tea masala in a small pot until boiling.
- Add sugar and oatmilk.
- Once boiling again, remove pot from the heat.
- Strain mixture into a cup
- Add rose essence (optional)
- Serve hot! Enjoy!

*Recipe by Urvashi Jain - Houston, TX. Proud Contributor*

# Paneer & Meat Alternative - Homemade Seitan!

Serving: 2

## Ingredients:

- 4 cups flour, bread or strong flour preferred\* (see notes)
- 1 - 2 cups water
- Foil

## Optional seasoning:

- Fennel seeds
- Dry herbs (oregano, thyme, rosemary, etc)
- Tamarind
- Cumin
- Dry Chillies
- Sea salt

\*\*\* Any savory seasoning! Even pre-made masala boxes can be added (Shan, MDH, etc)

## Instructions:

- Slowly mix water little by little into the flour. Dough should be saturated with water, but still remain a stiff, kneadable dough. You may end up using less or more than the water required in the written recipe.
- Knead for 10 minutes. The more you knead, the more gluten forms. You will end up with a smooth dough that still holds its shape. The dough should spring back when poked. An electric dough mixer can be used.
- Submerge the ball of dough into a bowl of cool water. The entire dough ball must be covered. Let rest for 2 hours.
- Pour out the water from bowl and try to keep dough ball undisturbed. Again, submerge the dough ball in cool water in the same bowl.
- Massage and knead the dough ball underwater. The water should turn a bit murky and milky. This is called “washing the flour”. You are essentially separating the starch (the milky water) from the protein (what is left in your hand).
- Once the water becomes heavily saturated with the starch, pour the water into a 2<sup>nd</sup> bowl. Do not discard this water!
- Repeat washing the flour. Again add cool water and submerge dough ball. Knead until water is milky again. Add milky water to the 2<sup>nd</sup> bowl. Keep repeating until the dough ball is very stretchy and glutinous and until you barely see any milky water.
- Set starchy water aside or in the fridge for at least 3 hours until starch and water are separated. This can be used for another recipe.

- There are several methods of cooking gluten, the easiest being steaming. Feel free to use any method such as boiling, baking, etc. Prepare the steaming pot. Add water to boil as well as a steam basket.
- While water is boiling, stretch and roll gluten ball into a log that is 1-2 inches wide. Cover the log with foil.
- When water is boiling, add the foiled gluten log to the steamer basket and steam on high for 15 minutes. Open steamer and flip the log. Steam for an additional 15 minutes.
- Remove from steamer basket. Allow to come to room temperature.
- Seitan can be used immediately or can be stored in the fridge for future use. You can pan-fry, add to sauces, soups, stews, wraps, etc.

NOTES: Use flour with a protein content of at least 10%. Whole wheat flour, all-purpose flour, bread flour, etc can be used. Note that seitan yield will be dependent on the gluten protein content of your chosen flour.

*Recipe by Kevali Bhakta - Houston, TX, Proud Contributor*



# Chickpea Tofu & Yogurt-Less Khandvi

*Two Recipes from the Same Ingredients!*

Serving: 1 Cup Each



## Ingredients:

- 1 cup Water
- ½ cup (Packed) Besan/Black Gram Chickpea Flour
- ½ TBS Oil
- ¼ TSP Ground Spices: Turmeric,  
Paprika, Black Pepper, Cumin

### Additional Ingredients for Khandvi:

#### Tempering:

- ◇ 1 TBS Oil
- ◇ ¼ tsp Each or to taste: Asafetida/Hing, Cumin Seeds, Mustard Seed, Chia Seeds, Red Pepper Flakes, Sesame Seeds, Red Chili Powder
- Desiccated Coconut for Garnishing

### Instructions:

- Mix the flour, water, oil, and spices together in a bowl. While mixing add water into the flour little by little to create a smooth paste.
- Take a medium size saucepan and heat the flour mixture on a medium flame. Whisk it over the heat until the mixture becomes thick and glossy. This should take about 5-8 minutes. Our Khandvi or Tofu mixture is ready. Turn off the heat.



### For Tofu:

- Pour tofu mixture over a parchment paper. Be sure to do this step while the mixture is still hot.
- Place the paper in a small container to set the tofu. You could also use lightly greased glass container and skip the parchment paper step.
- With the use of a spatula, gently, spread and smooth out the top layer.
- Refrigerate it for about 15 minutes to set. At the room temperature, it may take 30 minutes to set.
- The firmness level on this Tofu is soft to regular. Cut into desired size & shape. Store in an airtight container.
- Unlike traditional Tofu, this Tofu is already seasoned with spices and tastes flavorful just sautéed. When used in curries, add it right before serving.
- Combine it with cashews or almonds to make Jain Cheese and get more protein from your meals!

### For Khandvi:

- Be sure the tofu mixture is hot. Add a little water and microwave for a minute or stir it on a stovetop on low to retrieve the desired consistency, if needed.
- Spread tofu mixture evenly over a plate or baking sheet and create thin layer. Let it cool down for about 5 minutes.
- Cut into 2" stripes and start rolling each stripe tightly.
- Prepare tempering by heating oil. Add mustard seeds, cumin seeds and Asafetida. Once mustard seed crackle, remove from the heat and add remaining ingredients for tempering (red pepper flakes, chia seeds, sesame seeds, and red chili powder).
- Pour the tempering over rolled Khandvis. Garnish with desiccated coconut flakes.

*Recipe by Megha Shah - Dallas, TX, TrueV*

# Cashew Cheese

Serving: 150 Grams

## Ingredients:

- 1/2 cup raw cashew
- 1 1/4 cup water
- 3/4 TSP sea salt/ Himalayan pink salt
- 1/2 TSP white pepper powder
- 1/4 tsp oregano (optional)
- Chili flakes to taste

## Instructions:

- Wash and soak the cashew for 5-6 hours (you can also soak it in hot water for an hour or boil it for five minutes if you need it instantly)
- Drain the soaked cashew
- In the high-power blender add cashew and all the ingredients, except chili flakes) and blend.
- Pour the cashew mix in the sauce pan over medium heat. Cook for 5 mins until the sauce thickens. Stir constantly to prevent sticking. It will stay fairly soft as the final product.
- Keep it fridge for 2-3 hours before consuming.

*Recipe by Minal Agrawal - Chennai, India. Proud Contributor*

# Versatile Cashew Sauce

*Instant Recipe*

Serving: 1 ½ Cups



## Ingredients:

- 1 ½ cup raw Cashews
- ½ TSP Each: Ground Asafetida, Turmeric, Paprika, Salt
- ½ TSP dry Mango powder
- ¼ TSP Sugar or Maple Syrup
- ¾ cup Water

## Instructions:

- Rinse cashews under hot water and drain.
- Put all of the ingredients in a blender and blend until it turns into a smooth paste with no graininess.
- Use it as pasta sauce, wraps spread, curry base, or as a dip.

*Recipe by Megha Shah - Dallas, TX. TrueV*

# Black Eyed Peas & Chickpea Tofu Curry

Serving: 2



## Ingredients:

- 1 cup cooked Black Eyed Peas
- 1 cup Water
- 1/2 TBS Oil
- 1/2 cup cubed homemade Chickpea Tofu (or Store-bought Tofu if you prefer)
- 1/2 cup granulated Almond powder
- 1/4 TSP Each-Ground Spices: Asafetida, Turmeric, Red Chili, Paprika, Garam Masala, Cumin
- 1 TSP Ground Coriander
- 1 TSP Jaggery powder or sugar
- 1/2 TSP Salt or to taste

## Instructions:

- Soak 1/2 cup of raw black-eyed peas for at least 3-4 hours. Pressure cook it with salt and keep aside.
- Heat oil in a medium skillet over medium high heat. (Optional - add cumin seeds and mustard seeds).

- Add asafetida, turmeric and granulated almond powder with one cup of water. Mix well.
- Add the remaining spices & seasonings with 1 cup of cooked black-eyed peas.
- If using store-bought tofu, add it at this point. Cover and cook for about 2 minutes. Keep stirring in between.
- Adjust your seasonings & spices to taste.
- Turn off the heat. Add homemade chickpea tofu just before serving.
- Serve warm with rice, roti or parathas.

*Recipe by Megha Shah - Dallas, TX. TrueV*

# CashewCran Mac & Cheese

Serving: 2



## Ingredients:

- 1 cup Cavatappi or your choice of pasta
- 1 TBS Oil (Olive Oil is preferred)
- ½ cup of water
- Optional Garnishing: ½ TSP Chia Seeds, 8-10 Dried Cranberries, Red Pepper Flakes

### For Cheese Sauce:

- ½ cup cooked Pasta water
- ¼ cup Chickpea Tofu- cubed
- 1/3 cup raw Cashews - soaked (for at least 15 minutes)
- ½ TBS Italian Seasoning (Dried herbs blend)
- ¼ TSP Each: Turmeric, Asafetida, Paprika

## Instructions:

- Prepare the Pasta according to package instructions. Be sure to boil in salted water until al dente. Reserve ½ cup of cooked pasta water.



- Prepare the cheese sauce. Blend drained cashews and remaining sauce ingredients into a chopper or a food processor until thick grainy paste comes together. Remove and keep aside.
- Heat oil in a skillet on medium heat. Pour the cheese sauce with 1/2 to 1 cup of water to loosen the sauce, as necessary. You may use remaining pasta water for this step.
- Mix well. Stir in the cooked pasta and let it cook for 2 minutes, keep stirring in between.
- Turn off the heat. Season to taste. Top it off with some dried cranberries, chia seeds, and red pepper flakes for additional nutrients and flavors!

Note: Italian Herbs & Dried Cranberries are optional. You may skip it if you do not wish to consuming during Paryushan.

*Recipe by Megha Shah - Dallas, TX. TrueV*

# Oats Khichdi

*Sometimes we just need comfort food*

Serving: 4

## Ingredients:

- 3 tablespoons ghee alternative, oil, or plant-based butter
- ½ cup moong daal
- 1 cup rolled oats
- ½ cup cooked beans (any Jain variety: kidney, pinto, garbanzo, lima beans, etc)
- 1.5 tsp cumin
- ½ tsp dry ginger powder (soonth)
- ¼ tsp red chili powder
- 1 pinch asafoetida (hing)
- ¼ tsp turmeric
- Salt as needed
- 4 cups water
- Pressure cooker

## Instructions:

- Wash moong daal thoroughly three times. Submerge daal in water and let soak for 10-15 minutes.
- Heat oil/ghee alternative to a pressure cooker over medium heat. Add cumin. Let sizzle. Add hing.
- Add cooked beans. Sauté for 10 seconds.
- Add dry ginger powder and red chili powder. Do not burn ginger powder.
- After 10 seconds, add drained moong daal. Fry for 3 minutes.
- Add rolled oats, salt, and turmeric. Fry for 2 minutes. Lower heat if the contents of the cooker are sticking to the bottom of the pot.
- Add water. More water means the khichdi will be porridge-like. Less water means it will be grainier.
- Close pressure cooker and pressure cook for 3-4 whistles on medium heat. Move from heat and let pressure subside on its own.
- Serve hot with ghee alternative.

*Recipe by Kevali Bhakta - Houston, TX, Proud Contributor*

# Thavala Vada

## Ingredients:

- 1 cup each of rice
- 1 cup tur dal
- 1 cup chana dal
- 1 cup urad dal
- 1 cup moong dal
- 2 tbsp of desiccated coconut
- Small piece of whole red chilli
- 1/4 tsp hing
- Salt to taste
- Oil to fry

## Instructions:

- Wash and soak all the dals together for 2 hours.
- After 2 hours remove the water.
- Grind the dal with the red chili, hing and the coconut to a coarse batter.
- Empty in a bowl.
- Add salt to taste.
- Beat the batter with your palm to release the air.
- Heat the oil in a frying pan. When the oil is hot, carefully drop them into round vada.
- Remove when it turns brown.
- Enjoy with sambhar or rasam.

*Recipe by Vidhya Lakshmi - Tamil Nadu, India. Proud Contributor*

# Mixed Daal Handvo

Serving: 3-4

## Ingredients:

- 1/4<sup>th</sup> cup Tuvar daal
  - 1 tablespoon green moong daal
  - 1 tablespoon chana daal
  - 1 tablespoon urad daal
  - 1/2 cup rice
- Masala:
- 1/2 teaspoon mustard seeds
  - 1/4 teaspoon chili powder
  - 1/4 teaspoon asafetida (hing)
  - 1/2 teaspoon Jeera seeds
  - 1 teaspoon sesame seeds
  - Salt to taste
  - baking soda as required
  - 1 and 1/2 teaspoon sugar
  - 1/4 cup thick vegan sour curd

## Instructions:

- In a deep bowl add all the daals and rice, followed by 2 cups of water. Let the daal-rice mixture soak in the water for a period of 5 hours (Soak early morning). Once done, carefully drain the water from the bowl and keep the mixture aside.
- Transfer the soaked mixture into a mixer jar and grind all the ingredients into a paste with very little water. Carefully pour this mixture in a bowl and add the vegan sour curd. Mix the ingredients well until you get the desired consistency (it should be a little thick). Now cover the bowl and let the mixture ferment for 5-6 hours.
- Add the baking soda to the batter, salt to taste, a tablespoon of oil and sugar. Mix all the ingredients properly and keep this mixture aside on the kitchen counter until needed again.
- In a deep bottomed pan heat some oil, add some mustard and jeera seeds in pan. Allow it to splutter, then add in sesame seeds, asafoetida and red chili powder. Sauté the mixture for a few seconds making sure the chili powder does not burn.
- Pour the batter into the pan and even it out. Cover the pan with a lid and allow the mixture to be cooked for at least 8-10 minutes on sim or until you see the bottom portion turning crisp in touch and brown in shade. Keep checking occasionally.
- Flip the cake to the other side and cook the other side for 6 to 7 minutes or until you see a crisp texture and a brown shade. Remove from the pan once it is brown from both sides. Allow the cake to cool down. Cut into desired shapes and serve!

NOTE: The batter can be divided into 4 equal parts and made individually.

Recipe adapted from <http://priyankajain.com/plant-based-vegan-yogurt-recipes/>

# Red Lentil Soup

*Simple yet Hearty*

Serving: 2
------------

## Ingredients:

- 1 cup Red lentils - washed & rinsed
- 3 ½ cups Water
- 1 TSP Cumin seeds
- ½ TSP Red Crushed Peppers - ½ TSP
- 1 TSP Salt & Pepper or as per taste
- 1 TBS dry Mango Powder (or lemon juice 2 TBS)

## Instructions:

- Instant-pot: Add everything in the pot.
- Stir well and pressure cook on high for 20 minutes.
- Manually release the pressure. Whisk until smooth.
- It tastes better when made tangy! Adjust seasonings per your taste, if needed.

Note: If you do not have Instant-pot, pressure cook everything until 2 whistles.

*Recipe by Megha Shah - Dallas, TX, TrueV*

# Liang Pi

*Traditionally, Liang Pi is a cold starchy noodle dish made with a vegan but non-Jain/not Paryushan-friendly sauce and gluten chunks. For the purpose of this recipe, we will use the Liang Pi noodles as a canvas for a slightly altered sauce. Alternatively, you may use these noodles and accompany them with any sauce of your liking.*

## Ingredients:

- Leftover starch water from Seitan recipe
- 1 wide wok/pot with lid
- 2 Non-stick trays that can fit in the wide wok/pot along with lid
- Pinch of salt

## Instructions:

- Mix a pinch of salt into the starch water mixture before you let it sit for at least 3 hours.
- After 3 hours, boil water in the large pot. Make sure the non-stick trays have the potential to float on the boiling water while the pot lid is on.
- The starch water should look divided by now. The starch should have settled to the bottom and water should be on top. Without disturbing the starch, pour out or spoon out as much water from the top as possible. Discard the water.
- Thoroughly stir the remaining starch. Initially, it will take some patience starting to stir, but the starch will loosen as you continue.
- Brush oil onto one of the non-stick trays.
- Pour batter into the non-stick tray so that it creates a thin layer coating the entirety of the bottom of the tray.
- Quickly place the tray on the boiling water and cover pot with lid. Steam for 2 minutes or until cooked.
- Noodles are done when the noodle sheet is not sticky when touched by hand and there are bubbles that appear on the sheet.
- Remove tray and place on ice-cold water bath. Peel the noodle from the tray and transfer to an oiled chopping board. Repeat steps 5-9 with the remaining batter.

## Sauce (inspired by Red House Spice)

Serving: 1

## Ingredients:

- 2-inch cinnamon
- 1 star-anise
- 1 bay leaf
- 1 pinch fennel seeds

- 10 Sichuan peppercorns
- 1 pinch asafoetida (hing)
- ¼ cup water
- 1 pinch salt
- 1 tbsp Lao Gan Ma Chili Crisp
- 1 tsp toasted sesame oil
- 1 pinch sesame seeds

### Instructions:

- Boil cinnamon, star-anise, bay leaf, hing, fennel seeds, and Sichuan peppercorns in water for 5 minutes.
- Discard spices and pour spiced water into a bowl to cool. Place in fridge if necessary. Add salt to the spiced water.
- Cut Liang Pi noodles to desired size and place into serving bowl. Add cooled spiced water as needed. Add Lao Gan Ma, sesame oil, and toasted sesame seeds. Mix and enjoy!

*Recipe by Kevali Bhakta - Houston, TX, Proud Contributor*

# Adai or Lentil Dosa

## Ingredients:

- 1 cup idli rice
- 1/2 cup chana dal
- 1/4 cup urad dal
- 1/4 cup toor dal

## Dry Masala:

- 1 tsp jeera
- 1/2 - 1 tsp pepper (depending on how spicy you would like it)
- Few red chilies
- A pinch of hing

Grind the dry mixture as a coarse powder.

## Instructions:

- Wash the dal and rice separately and soak for 2-3 hours
- After soaking for 3 hours, wash, rinse and grind the rice to a fine paste in a mixer. Repeat the wash and rinse for the dal. Grind all the dal with minimum water to a coarse batter.
- Mix the dal and the rice batter, powdered dry masala and salt to taste. Let it sit for 20 mins.
- When ready, beat the batter and pour on a flat tawa to make the lentil dosa.
- This can be had with chutney made from desiccated coconut or sambhar.

*Recipe by Vidhya Lakshmi - Tamil Nadu, India. Proud Contributor*



# Moong Daal Payasam

## Ingredients:

- ½ cup yellow moong daal
- 1 cup thick coconut milk
- ½ cup thin coconut milk
- ¾-1 cup chopped or powdered jaggary
- ½-¾ teaspoon elaichi powder
- 8-10 cashews made into ¼ pieces

## Instructions:

- Wash and soak the daal overnight. You can also soak for 2-3hours.
- Add 1½ cups of water and Pressure cook the daal for 6-7 whistles. Let it cool a little so that pressure is released. Open the cooker and remove the daal in a heavy bottom pan.
- Add ¼ cup water to the cooker and add that to the daal too.
- Add the jaggary and give a good mix. Put the daal on the gas and let it become absolutely smooth. If it does not blend with a hand mixer.
- Now add both the milks and the elaichi to the dal and stir it well. As soon as the payasam comes to a boil switch it off. Add the cashews and serve hot or cold.

*Recipe by Mayavi Khandelwal, Mumbai, India. Founder of My Pure Path*

# 7 Ingredients Date Balls

Serving: 30-35 Balls



## Ingredients:

- 1 cup Walnuts
- 1 cup Almonds
- 2 cups soft pitted dates
- 1 TBS ground cardamom
- 3 TBS Chia seeds
- 3 TBS Flax seeds
- 2-3 TBS Neutral Coconut Oil (Nutiva Brand)

## Instructions:

- Pulse walnuts, dates, and almonds together in a food processor. You can also use a chopper and chop everything in small batches. Pulse/finely Chop dates with either one of the nuts. It helps forming balls at the end.
- In a large bowl, combine everything (finely chopped nuts, dates, chia seeds, flax seeds and ground cardamom).
- Add coconut oil as needed to form a dough like consistency.
- Apply some coconut oil to your palm. Roll a spoonful of mixture between your palms and form bite size balls.
- Store in an airtight container. Refrigerate for longer shelf life.

*Recipe by Megha Shah - Dallas, TX, TrueV*

# 10 Minutes Sesame Balls

*Rich in omega-3, protein, antioxidants, and with anti-inflammatory and antimicrobial properties*

Serving: 15-20 Balls



## Ingredients:

- 1/2 cup Sesame seeds
- 1/3 cup roasted & salted Peanuts
- 1 TBS ground Flax seeds
- 1/2 TBS Chia seeds
- 1/2 TBS dried ground Ginger (Soonth)
- 1 TBS Coconut oil (Nutiva's Neutral Flavor)
- 1/3 cup Jaggery (non-centrifugal cane sugar)

## Instructions:

- Pulse sesame seeds, peanuts, ground flax, chia seeds, and ground ginger until coarse texture is achieved. Remove and transfer the mixture into a mixing bowl.
- Add coconut oil and liquid Jaggery. (liquid jaggery - microwaving it for 15-20 seconds or use a stove top).
- Mix everything and form bite size balls.
- Store it in an airtight container. Keep refrigerated if you are planning to use it up within days. Refrigerate for up to a week.

*Recipe by Megha Shah - Dallas, TX, TrueV*

# Semolina (Sooji) Sheera/Halwa

Serving: 4



## Ingredients:

- 1 cup Semolina (Coarse)
- 3/4 cup Coconut Oil (Nutiva Neutral)
- 2 cups Almond milk (can substitute with Soy milk)
- 1 cup Sugar/ 1.5 cup Jaggery
- 1/3 cup sliced Almonds (or nuts of your choice)
- 1/3 cup Raisins (Golden preferred)
- 8-10 Saffron strands

## Instructions:

- Soak saffron strands into warm almond milk.
- Heat coconut oil in a large pan over medium heat. Add Semolina and start roasting it until it becomes fragrant and turns slightly brown.
- Pour saffron milk and water evenly on the top of roasted semolina.
- Turn the flame to low. Cover and cook for 3 minutes.
- Uncover and start stirring the sheera. Add nuts, raisins, and jaggery at this time
- Cook for about 4 minutes more, continue stirring in between.
- When oil starts to release from the edges, sheera is perfectly cooked.
- Adjust the sweetness per your taste. Serve hot.

*Recipe by Megha Shah - Dallas, TX, TrueV*

# Simple Chia Pudding

Serving: 1



## Ingredients:

- 4 TBS Chia seeds
- 1 cup Soy milk or Any Plant-based milk (I use Soy)
- 1/2 TSP Cinnamon
- 2 TSP Sugar/maple syrup/jaggery powder
- Mixed Nuts and dried cranberries or raisins for garnishing (Optional)

## Instructions:

- Pour ingredients into a jar and mix well.
- Cover and let the pudding set at room-temperature for at least 20-30 minutes. Ideally, refrigeration is recommended. But it tastes delicious either way.
- Top it off with your favorite mixed nuts and cranberries.

*Recipe by Megha Shah - Dallas, TX, TrueV*