

**Recipe- Cream Of Broccoli
Soup (No added cream)**

**Recipe- Steamed Whole Wheat
Spinach Dumplings**

**Recipe- Baked Kala Chana/
Black Chickpea Kabab (No
Onion No Garlic)**

**Recipe- Hariyala Kofta Curry
(No onion No Garlic recipe)**

Recipe- Creamy and spicy Black eyed bean/ Lobia Salad

Recipe- Rice Pops