

Recipe- Weight Loss Salad for Dinner

Recipe- How to sprout Fenugreek Seeds/ Ankurit Methi Dana

Recipe- Creamy Vegetable Quiche (Whole Wheat Tart Recipe)

Recipe- Cucumber Mango Roll

Recipe- Leek Cauliflower Soup

Recipe- Badam Halwa/ Almond Fudge (less ghee recipe)