

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

Recipe- Apple Banana Smoothie

**Recipe- Avocado Mango
Smoothie**

**Recipe- Steamed Whole Wheat
Spinach Dumplings**

Recipe- Minty Mango Yogurt Dip

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