

**Recipe- Eggless Healthy
Carrot Muffin**

**Recipe- Sukha kala chana
sabzi/ Dry black chickpeas
curry**

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

**Recipe- Lauki Rice/ Pulav
(Bottle Gourd/Calabash)**

**Recipe- Baked Rice with
mushroom spinach sauce**

**Recipe- Creamy and spicy
Black eyed bean/ Lobia Salad**