

**Recipe- Mango Rice**

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

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**Recipe- Fruit Muesli  
Breakfast Smoothie**

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**Recipe- Chilled Masala Rabri  
Milk**

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# **Recipe - Eggless Healthy Carrot Muffin**