

**Recipe- Steamed Whole Wheat  
Spinach Dumplings**

---

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

---

**Recipe- Eggless Healthy  
Carrot Muffin**

---

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

---

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