



Team Luke's  
**Ultimate Navratri  
Recipe Booklet**

Delicious, Nutritious,  
and Sattvic!



**Navratri**, a time of spiritual renewal and celebration, holds deep cultural and religious significance for millions. This beautiful festival spans nine nights and is dedicated to the worship of the goddess Durga in her nine different forms, each symbolizing unique qualities such as strength, power, love, and compassion. The word **Navratri** means **nine nights** in Sanskrit (**nava** = nine and **ratri** = night). The festival celebrates the victory of good over evil, primarily the triumph of Goddess Durga over the demon Mahishasura, symbolizing the victory of light over darkness and righteousness over sin. It serves as a reminder of our inner strength and resilience. This festival brings families and communities together in prayer, fasting, and the vibrant energy of Garba and Dandiya nights.

As we step into this blessed season, it's not only a time to honor tradition but also an opportunity to reconnect with our health and well-being.

At Team Luke, we understand the importance of nourishing the body and soul during this sacred time. That's why we've designed a special **Navratri Recipe Booklet** filled with wholesome and delicious recipes to help you make the most of your fasts while keeping your energy high for all the festivities.

This booklet consists of delicious and sattvic Navratri recipes designed by our meal-planning experts and nutritionists. Whether you are working from home or on the move, our easy-to-follow, nutritious recipes are designed to fuel your body, without compromising on the festive spirit.

With love,  
Team Luke

# Makhana Gur

(Foxnut Jaggery Sweet)

**Serves: 2**

**Preparation time:** 10 minutes

**Total time:** 20 minutes

## Ingredients:

- 1 cup makhana (fox nuts)
- 2 tbsp organic jaggery powder
- 1 tsp A2 ghee
- 1 tsp cardamom powder
- 1/2 tbsp grated coconut (optional)

## Method:

1. Dry roast the makhanas in a pan for about five to six minutes, until they turn crispy.
2. In a separate pan, melt the A2 ghee and add the jaggery powder.
3. Stir continuously until the jaggery melts completely, then add the cardamom powder.
4. Toss the roasted makhanas into the jaggery mixture, ensuring they are well-coated.
5. Optionally, garnish with grated coconut and serve warm.

## Related Links:

- [Nutriorg Certified Organic Ghee \(500 ml\)](#)
- [Organic Gyaan Organic Jaggery Powder \(900 gms\)](#)





## **Sama Khichdi** (Little Millet Khichdi)

**Serves:** 2

**Preparation time:** 15 minutes

**Total time:** 30 minutes

### **Ingredients -**

- ½ cup Sama rice (little millet)
- 1 small potato, diced
- ½ green chili, chopped (optional)
- 1 tsp cumin seeds
- 1 tbsp A2 ghee
- 1½ cups water
- Salt (Sendha namak) to taste
- Fresh coriander, for garnish

### **Method:**

1. Wash and soak the sama rice for 10 hours.
2. Heat the ghee in a pan and add cumin seeds. Let them splutter.
3. Add the diced potatoes and sauté until golden.
4. Add the green chili (optional) and the soaked sama rice. Stir for a minute.
5. Add water and salt. Cover and cook on low heat for about 15 minutes, until the millet and potatoes are soft.
6. Garnish with fresh coriander and serve.

### **Related Links:**

- [Rasatva Himalayan Rock Salt Sendha Namak \(125 gms\)](#)
- [Praakritik Organic Little Millet \(Sama\) 1 kg](#)



# Raw Banana and Cucumber Tikki

**Serves:** 10 to 12 tikkis

**Preparation Time:** 10 minutes

**Total Time:** 25 minutes

## Ingredients:

- 1 cup raw banana, boiled and mashed
- ½ cup cucumber, grated with excess water squeezed out
- 4 tbsp buckwheat flour or Rajgira flour
- 1 green chili, finely chopped
- 1 tsp cumin seeds
- Salt (Sendha namak) to taste
- ½ tbsp A2 ghee for shallow frying

## Method:

1. In a bowl, mix the mashed raw banana, grated cucumber, buckwheat or Rajgira flour, green chili, cumin seeds, and salt until well combined.
2. Shape the mixture into small round tikkis (patties).
3. Heat a few drops of A2 ghee in a pan over medium heat, and shallow fry the tikkis on both sides until golden and crispy.
4. Serve hot with chutney or yogurt.

## Related Links:

- [Grain2Grind Buckwheat Kuttu Atta 400 gm](#)
- [Organic Tattva Organic Amaranth \(Rajgira\) Gluten-Free Flour \(500 gms\)](#)



## Fasting Wholesome Paratha

**Serves:** 2

**Preparation time:** 10 minutes

**Total time:** 30 minutes

### Ingredients:

- 1 cup amaranth flour
- 1 cup phool makhana/fox nuts
- ¼ tsp turmeric powder
- ½ tsp black pepper powder
- ¼ tsp roasted jeera powder
- 2 tbsp coriander leaves, finely chopped
- ¼ tsp rock salt
- ½ tsp A2 ghee
- Cold-pressed coconut oil (to toast the parathas)

### Method:

1. Heat ghee in a skillet, add makhana, and roast until golden and crispy. Let it cool down.
2. Transfer the roasted makhana to a mixer jar and grind it to a fine powder.
3. Combine all other ingredients (except oil) with makhana powder in a mixing bowl. Mix well with a spoon, add water, and knead it into a soft and pliable dough. Allow it to rest for at least 15 minutes.
4. Knead the dough again and form lemon-sized balls.
5. Roll each ball into thin parathas, dusting with flour if needed to avoid sticking.
6. Heat a dosa tawa, drizzle oil, and carefully transfer the paratha.
7. Cook until tiny bubbles appear, then flip to the other side. Drizzle some oil/ghee and cook until brown spots appear. Flip again if needed.
8. Serve hot.



**Related links:**

- [Organic Gyaan Kali Mirch Powder/ Black Pepper Powder \(100 gms\)](#)
- [Organic Gyaan Jeera / Cumin Seeds 100g](#)

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## Makhana Curry

**Serves:** 2

**Preparation Time:** 15 minutes

**Total Time:** 30 minutes

**Ingredients:**

- 1 cup phool makhana (fox nuts or lotus seeds)
- ¼ cup potato, peeled and cubed
- ½ cup A2 yogurt, whisked
- ½ tsp cumin seeds
- ½ tsp ginger paste
- ½ tsp green chili paste, as per taste
- ½ tsp red chili powder, as per taste
- ½ tsp turmeric powder
- ½ tsp cumin powder
- ½ tbsp A2 ghee
- Rock salt (Sendha namak), as per taste
- Fresh coriander leaves, chopped, for garnish

**Method:**

1. Heat ghee in a pan over medium heat. Add cumin seeds and let them splutter.
2. Stir in ginger paste and green chili paste. Sauté for a minute.
3. Add cubed potatoes and cook for a few minutes until partially cooked.
4. Reduce the heat and add whisked a2 yogurt to the pan. Mix well to combine everything.



5. Add red chili powder, turmeric powder, cumin powder, and rock salt. Mix well and cook for a couple of minutes.
6. Add phool makhana to the curry and stir to coat them with the spices.
7. Cover the pan and let the curry simmer on low heat until the potatoes and phool makhana are cooked and tender.
8. If the curry becomes too thick, add a little water to adjust the consistency.
9. Garnish with chopped coriander leaves.

#### **Related Links:**

- [Organic Gyaan Jeera/Cumin Seeds \(100g\)](#)
- [Organic Himalayan Pink Rock Salt Powder \(500g\)](#)



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## **Divine Delight Almond Kheer**

**Serves:** 2

**Preparation time:** 10 minutes

**Total time:** 30 minutes

#### **Ingredients**

- 1 cup almonds, soaked overnight
- 4 cups A2 milk
- ½ tbsp organic jaggery (adjust to taste)
- A pinch of saffron strands
- ¼ tsp cardamom powder, for flavor
- Chopped nuts (cashews, pistachios) for garnishing

#### **Method:**

1. Grind the soaked almonds into a fine paste using a little A2 milk.
2. In a pan, heat the remaining milk and bring it to a boil.
3. Add the almond paste and stir well. Simmer on low heat for about 15-20 minutes, stirring occasionally.





4. Add saffron strands and cardamom powder, and mix.
5. Sweeten the kheer with jaggery, adjusting to your taste preference.
6. Continue cooking until the kheer thickens to the desired consistency.
7. Remove from heat and allow it to cool.
8. Garnish with chopped nuts before serving.

#### **Related Links:**

- [Praakritik Organic Jaggery - 1kg](#)
- [Nutty Gritties Pista Kernels \(Roasted, Unsalted\) - 100g](#)

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## **Crispy Almond Fasting Crackers**

**Serves:** 2

**Preparation Time:** 20 minutes

**Total Time:** 40 minutes

#### **Ingredients:**

- ¼ cup rajgira flour or buckwheat flour
- 1 tbsp water (adjust as needed)
- ¼ tsp cumin powder (optional)
- A pinch of Sendha salt
- 1 tbsp finely chopped almonds
- A few drops of A2 ghee

#### **Method:**

1. In a mixing bowl, combine Rajgira or buckwheat flour, cumin powder, Sendha salt, and chopped almonds. Gradually add water and mix to form a smooth dough. Adjust the water as needed.
2. Divide the dough into small portions. Roll each portion between two sheets of parchment paper until thin.
3. Cut the rolled dough into desired shapes (squares or triangles).



4. Preheat the oven to 150°C. Place the cut crackers on a baking sheet lined with parchment or lightly greased with A2 ghee. Bake for 10-15 minutes, until golden brown and crispy.
5. Remove the crackers from the oven and let them cool completely. They will become crispier as they cool.

### Related Links:

- [Nutty Gritties California Almonds - 1kg](#)
- [NIHKAN Sprouted Buckwheat Flour - 454g](#)



## Carry-On Trail Mix

**Serves:** 2

**Preparation Time:** 15 minutes

**Total Time:** 25 minutes

### Ingredients

- ¼ cup roasted makhana (fox nuts)
- ¼ cup sliced almonds
- ¼ cup chopped walnuts
- 2 tbsp sliced cashews
- 2 tbsp raisins (unsweetened)
- 2 tbsp dried coconut flakes
- 1 tbsp roasted pumpkin seeds (optional)
- 1 tbsp sunflower seeds (optional)
- 1 tsp ghee
- Rock salt (Sendha namak), to taste
- 1 tsp black pepper powder or cumin powder

### Method:

1. Heat 1 tsp of ghee in a pan and roast the makhana for 3-4 minutes until crispy. Remove from heat and let cool.



2. Lightly roast the almonds, walnuts, cashews, pumpkin seeds, and sunflower seeds for 2-3 minutes.
3. Mix the roasted nuts and seeds with the makhana in a large bowl.
4. Add raisins, coconut flakes, and a pinch of rock salt.
5. Optionally, sprinkle black pepper or cumin powder for flavor.
6. Store in an airtight container or pack in small portions for a convenient snack.

#### **Related Links:**

- [Nuttercup Cashews - 200g](#)
- [Nuttercup Afghan Raisins - 200g](#)

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## **Coconut Water Energy Drink**

**Serves:** 2

**Preparation Time:** 15 minutes

**Total Time:** 25 minutes

#### **Ingredients:**

- 1 cup fresh coconut water
- 1 tbsp chia seeds (soaked for 10-15 minutes)
- 1 tsp lemon juice
- 1 tsp raw honey (optional)
- A pinch of rock salt (Sendha namak)
- A few fresh mint leaves (optional)

#### **Method:**

1. In a glass, combine coconut water, soaked chia seeds, and lemon juice.
2. Add a pinch of rock salt and stir well.
3. If you prefer sweetness, add honey and mix.
4. Garnish with fresh mint leaves (optional) and serve chilled.

#### **Related Links:**

- [Future Organics Ginger Raw Honey - 250g](#)
- [Ambrosia Raw Unroasted Chia Seeds - 250g](#)





## Fasting Porridge

**Serves:** 2

**Preparation Time:** 10 minutes

**Total Time:** 20 minutes

### Ingredients

- ¼ cup buckwheat groats (or 2-3 tbsp kuttu flour)
- 1 cup water (or A2 milk)
- 1 tbsp grated coconut
- 1 tbsp chopped nuts (almonds, walnuts, pistachios)
- 1 tbsp organic jaggery powder
- ¼ tsp cardamom powder
- A pinch of salt

Method:

1. Rinse and soak the buckwheat groats overnight (if using).
2. Cook in a saucepan with water or A2 milk until thickened (about 5-10 minutes).
3. Stir in coconut, nuts, jaggery, cardamom, and salt.
4. Serve warm.

### Related Links:

- [Inhouse Magic Green Cardamom Powder - 75g](#)
- [Avadata Organics Walnuts - 250g](#)



# Sweet Potato Hummus for Fasting

**Serves:** 2

**Preparation Time:** 15 minutes

**Total Time:** 30 minutes

## Ingredients:

- 1 medium sweet potato, peeled and diced
- 1 tbsp lemon juice
- 2 tbsp almond powder
- Salt, to taste
- A pinch of cumin powder
- Water, as needed

## Method:

1. Cook the sweet potato until tender (10-15 minutes). Drain and let cool.
2. In a blender, combine sweet potato, lemon juice, almond powder, salt, and cumin. Blend until smooth, adding water for the desired consistency.
3. Serve drizzled with a few drops of cold-pressed coconut oil, if desired.

## Related Links:

- [Ambrosia Fine California Almond Flour - 250g](#)
- [IndicWisdom Wood-Pressed Coconut Oil - 1L](#)



# Almond Chikki/Sesame Chikki

**Serves:** 4

**Preparation Time:** 15 minutes

**Total Time:** 40 minutes

## Ingredients

- 2 cups organic jaggery (chopped in small pieces)
- 2 cups almonds or sesame seeds
- 1 tsp cardamom powder
- 1-2 saffron threads
- 1 tbsp A2 ghee

## Method:

1. In a pan, toast nuts or seeds on medium heat.
2. Remove from heat and set aside to cool down.
3. In a saucepan heat ghee and jaggery on a very low heat, until they melt and start bubbling.
4. Add cardamom powder and saffron threads.
5. Don't stir the mixture but swirl the pan for even cooking and caramelizing.
6. Cook till the hard crack stage.
7. Spread the parchment paper on a baking tray.
8. Now take the jaggery mixture off the heat quickly add toasted nuts and mix till nuts are coated well.
9. Spread the mixture on a baking tray and flatten it with a well-oiled rolling pin or spatula for the desired thickness of brittle.
10. Let the brittle cool completely.
11. Break it into desired-sized pieces and store it in an airtight container.

## Related links:

- [House of Farms 100% Pure Kashmiri Kesar Mongra | Saffron Mongra | Natural & Finest Saffron \(1 g\)](#)
- [Local Sparrow|Sesame Seeds |120 gms](#)



~ **Created by Team Luke** ~

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[www.lukecouthinho.com](http://www.lukecouthinho.com)

Toll-free no: 18001020253

Email address: [info@lukecouthinho.com](mailto:info@lukecouthinho.com)

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