

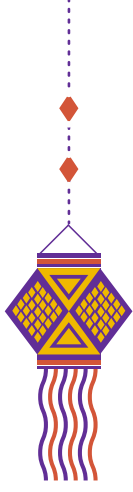


Wholesome Delights:

Guilt-Free Sweets
and Savories for a

Healthy Diwali





The warmth of Diwali lies not just in the lights and festivities, but also in the moments we share around the kitchen, creating memories with the people we love. Cooking during the festive season becomes more than just preparing food—it's a time for bonding, laughing, and passing on traditions.

At Team Luke, we understand that no Diwali celebration is complete without indulging in the sweets and savories that define this beautiful festival. However, we also know the common concerns that come with festive eating—worrying about weight gain, sugar spikes, or missing workouts amidst all the festivities. But what if you could enjoy the best of both worlds?

Our meal-planning experts have crafted this special recipe booklet with YOU in mind. It's filled with healthy, guilt-free alternatives to your favorite Diwali treats—because celebrations should nourish both your soul and your body. With a focus on natural ingredients, a little sweetness, and a lot of love, these recipes will help you enjoy the festival without compromising on health.

And here's the best part—you can make cooking a family affair! Gather your loved ones, get creative, and make this Diwali even more special by preparing these wholesome dishes together.

This Diwali, let's embrace informed choices, enjoy every bite without guilt, and make the festive season not just about indulgence but about nourishment and connection.

Happy cooking and happy bonding!

Team Luke



Savory Delights

Spinach and Paneer Baked Samosas

Serves: 2

Preparation Time: 20 minutes

Total Time: 45 minutes

Ingredients:

- 1 cup khapli wheat flour
- 2 tbsp cold-pressed sesame oil
- 1 cup spinach, chopped
- 100g A2 paneer, crumbled
- 1 tsp cumin seeds
- 1 tsp ginger-garlic paste
- Salt and garam masala, as per taste

Instructions:

1. Prepare the dough by mixing whole wheat flour, salt, and cold-pressed sesame oil. Knead with water until smooth.
2. Heat oil in a pan, sauté cumin seeds, ginger-garlic paste, spinach, and crumbled paneer. Add garam masala and salt, as required.
3. Roll the dough into small discs, fill with the spinach-paneer mixture, and fold into samosas.
4. Bake at 180°C for 25 minutes or until golden.



Quick Replacement Tip: Mushrooms can be used as a substitute for paneer.

Related Links for Products:

- [Praakritik Organic Khapli Wheat Atta](#)
- [Jivika Naturals Cold Pressed Sesame Oil](#)



Pumpkin Tikki

Serves: 6 tikkis

Preparation Time: 20 minutes

Total Time: 10 minutes

Ingredients

- 500g pumpkin, peeled and grated
- 3 tbsp amaranth flour
- 3 tbsp sattu flour
- ½ tsp cumin powder
- ½ tsp garlic paste
- ½ tsp ginger paste
- A few drops of cold-pressed coconut oil
- Salt to taste

Instructions

1. Heat a few drops of oil in a pan, sauté the grated pumpkin, cumin powder, ginger, and garlic paste. Add salt and stir.
2. Once the mixture cools, add amaranth and sattu flour. Mix well.
3. Shape the mixture into small tikkis. If it's too soft, add more sattu flour.
4. Heat a pan and cook the tikkis on a low flame with a few drops of oil until golden brown.
5. Serve hot with chutney.



Quick Replacement Tip: Lightly roasted amaranth grain powder can replace oats.

Related Links for Products:

- [Ecotyl Sattu Powder | Roasted Gram Flour | Plant-Based Protein](#)
- [Praakritik Organic Jeera Powder](#)



Makhana Poha and Murmura Chivda

Serves: 4

Preparation Time: 10 minutes

Total Time: 15 minutes

Ingredients:

- 2 cups puffed rice
- 1 cup makhana (fox nuts)
- 1 tbsp cold-pressed groundnut oil
- 1 tsp mustard seeds
- A handful of curry leaves
- ¼ cup Bengal gram
- ¼ cup peanuts
- ¼ tsp turmeric
- Salt to taste

Instructions:

1. Dry roast the makhana in a pan until golden and crisp. Set aside.
2. Heat oil in a pan, crackle mustard seeds, and add curry leaves and peanuts. Sauté until peanuts turn golden.
3. Add Bengal gram and stir-fry until crispy.
4. Combine roasted makhana and puffed rice in the pan. Stir to mix.
5. Add turmeric and salt. Stir-fry on low flame for 5 minutes until crispy.
6. Let cool and serve.



Quick Replacement Tip: Poha

(flattened rice) can replace puffed rice for a variation.

Related Links for Products:

- [Cold-Pressed Groundnut Oil](#)
- [Organic Gyaan Organic Puffed](#)





Beetroot Jowar and Sesame Sticks

Serves: 2

Preparation Time: 15 minutes

Total Time: 35 minutes

Ingredients:

- 1 cup jowar millet rava
- 2 tbsp sesame seeds
- 1 tbsp virgin olive oil
- ¼ cup beetroot puree
- Salt and chili flakes to taste

Instructions:

1. Knead jowar millet rava with sesame seeds, olive oil, beetroot puree, salt, and chili flakes into a stiff dough. Add water as needed.
2. Roll the dough into thin sticks, place them on a baking tray, and bake at 180°C for 20 minutes until golden and crisp.



Quick Replacement Tip: Oats or ragi flour can replace jowar millet rava.

Related Links for Products:

- [Jowar Millet Rava Organic](#)
- [Local Sparrow Sesame Seeds](#)

Baked Bhakarwadi

Serves: 2

Preparation Time: 15 minutes

Total Time: 40 minutes

Ingredients:

- 1 cup khapli wheat flour
- ½ cup moong flour
- 2 tbsp cold-pressed mustard oil
- 1 tbsp sesame seeds
- 2 tbsp grated coconut
- 2 tbsp roasted peanuts, crushed
- Spices (turmeric, cumin powder, coriander powder), as per taste

Instructions:

1. Mix khapli wheat flour, moong flour, and mustard oil. Add water to form a smooth dough.
2. In another bowl, mix sesame seeds, grated coconut, peanuts, and spices.
3. Roll out the dough, spread the filling, and roll tightly into a log. Slice into rounds.
4. Place on a parchment-lined tray and bake at 180°C for 20–25 minutes, checking occasionally.



Quick Replacement Tip: *Jowar flour can be used as a gluten-free option.*

Related Links for Products:

- [NIHKAN Sprouted Green Moong Bean Flour](#)
- [Praakritik Raw Peanuts \(Moongfali\) Organic](#)



Healthy Indulgences

Sattu Ladoo

Serves: 2

Preparation Time: 10 minutes

Total Time: 25 minutes

Ingredients:

- 1 cup sattu flour
- 2 tbsp ragi flour
- 2 tbsp roasted sesame seeds
- ½ tbsp powdered organic jaggery powder
- ¼ cup A2 ghee
- ½ cup mix, chopped almonds and walnuts
- ¼ tsp cardamom powder

Instructions:

1. Heat half the ghee in a pan and roast the nuts until golden brown. Remove and set aside.
2. Add sattu flour and ragi flour to the pan and roast for five to seven minutes, stirring continuously.
3. Once cooled, add powdered jaggery and mix well.
4. Add roasted sesame seeds, nuts, cardamom powder, and the remaining ghee. Mix thoroughly.
5. Take small portions, press, and shape into ladoos.
6. Store in airtight jars.



Quick Replacement Tip: Substitute sattu and ragi flour with besan (gram flour) or other millet flours like jowar or bajra.

Related Links for Products:

- [Auric Bilona Cow Ghee Glass Jar | 100% Pure and Natural](#)
- [Praakritik Organic Sattu Atta](#)





Shrikhand

Serves: 2

Preparation Time: 10 minutes

Total Time: 25 minutes

Ingredients:

- 2 cups homemade A2 curd or cashew curd
- 1 tbsp saffron water
- 2 tbsp chopped pistachios and almonds
- ½ cup organic jaggery powder
- ¼ tsp cardamom powder
- 2 tsp pumpkin seeds for garnish

Instructions:

1. Place the curd in a muslin cloth, tie, and let it drain for one hour.
2. Refrigerate for two hours to avoid souring.
3. Mix the curd with jaggery, saffron water, and cardamom powder.
4. Garnish with chopped pistachios, almonds, and pumpkin seeds.



Quick Replacement Tip: Peanut or coconut curd can be used instead of A2 curd. Add mangoes or strawberries as desired.

Related Links for Products:

- [Inhouse Magic Green Cardamom Powder](#)
- [Nutty Gritties Pista Kernels, No Shells, Roasted Unsalted](#)

Puran Poli

Serves: 6

Preparation Time: 15 minutes

Total Time: 40 minutes

Ingredients for Puran:

- 1 cup organic jaggery
- 1 cup soaked chana dal
- 3 cups water
- 2 tsp A2 ghee
- 1 tsp cardamom powder
- 1 tsp fennel powder
- ¼ tsp nutmeg powder

Ingredients for Poli (Roti):

- 1 ½ cups khapli wheat
- 4 tbsp A2 ghee
- ½ tsp salt
- ¼ tsp organic turmeric
- Water, as required

Instructions:

1. Pressure cook chana dal for 7 whistles.
2. Heat ghee, add spices, and sauté. Add cooked chana dal and jaggery, and cook until dry.
3. Roll dough into small balls, place puran mixture in the center and roll into medium-sized rotis.
4. Cook on a tava with ghee until golden brown.



Quick Replacement Tip: Use arhar dal or yellow moong dal, or substitute khapli wheat with gluten-free flour like amaranth or ragi.

Related Links for Products:

- [Organic Tattva, Organic Pulses/Dal Combo Pack/Toor/Arhar/Kala Chana/Chana Dal](#)
- [Dawn Lee Nutmeg Powder | Jaiphal Powder](#)



Millet Kheer

Serves: 2

Preparation Time: 15 minutes

Total Time: 30 minutes

Ingredients

- 1 ½ cups unsweetened almond milk
- ½ cup cooked little millet (samai)
- 1 tsp saffron strands
- 3 tbsp chopped nuts (almonds and pistachios)
- 2 tsp pumpkin seeds for garnish
- 1 tbsp organic jaggery powder or 2 tbsp date purée

Instructions:

1. Boil almond milk, then add saffron and nuts.
2. Add cooked millet and boil for two minutes, and lastly stir in jaggery or date puree turn off the gas immediately.
3. Garnish with pumpkin seeds and serve hot.



Quick Replacement Tip: Substitute millet with hand-pounded rice or rice vermicelli.

Related Links for Products:

- [Jus Amazin 30-Second Almond Milk Unsweetened](#)
- [Praakritik Organic little Millet \(Sama\)](#)



Ragi Chocolate Sheera

Serves: 2

Preparation Time: 10 minutes

Total Time: 30 minutes

Ingredients for Puran:

- ¼ cup ragi rawa
- ½ cup sattu
- 1 tbsp unsweetened raw cacao powder
- 1 tbsp A2 ghee
- ¼ cup water
- 1 tsp vanilla extract
- 2 tbsp organic jaggery powder

Instructions:

1. Heat ghee, add ragi, sattu, cacao powder, and sauté until aromatic.
2. Add water, cook until firm, then add vanilla extract.
3. Turn off the heat, mix in jaggery, and garnish with chopped nuts.

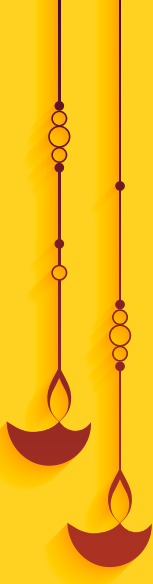


Quick Replacement Tip: Add vegetables for a savory version.

Related Links for Products:

- [Golden Millets Rawa Combo | 100% Gluten-Free](#)
- [Organic Gyaan Organic Jaggery Powder](#)





We hope you like these recipes and try them too!
For more such innovative and healthy recipes, click [here](#).

For quality and ethically sourced ingredients, please visit
our ethical wellness platform You Care Lifestyle [here](#).

Created by Team Luke



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Wish you a Happy and Safe Diwali!

Disclaimer: If you have certain food allergies, avoid foods that may trigger a reaction. The information provided here is for educational and informational purposes only. It is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider before making changes to your nutrition, lifestyle, or healthcare regimen, especially if you have existing medical conditions or are taking prescribed medications.

**With love and gratitude,
Team Luke**

