

FREE

FESTIVAL SPECIAL

*27 Healthy
Fasting
Recipes For
Navratri*

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Dairy-Free-GlutenFree-Diet.Com



Fore word

Navratri is around the corner. This festival is celebrated to worship the divine forms of Goddesses. The first 3 days for Goddess Durga, next 3 days for Goddess Lakshmi and final 3 days for Goddess Saraswati. These 9 days are supposed to be auspicious period for Hindus.

In Maharashtra, Gujarat and some North Indian states, many people observe fast during the 9 days as offerings to these deities.

Many avoid fasting as they feel it robs the energy off. I have realised fasting can be interesting and healthy. Hence, in this book I have included one thali recipe for each day for the nine days of Navratri. Thali for each day consists of one main dish, one side dish and one dessert. That means there are 9 dishes in each category totalling 27 recipes. You can mix and match any item as you prefer.

I had published these thalis in my website <https://dairy-free-glutenfree-diet.com/> during Navratri 2018. This book is the collection of these recipes. To make the job easy for you.

All these are dairy free, gluten free, white sugar free and deep fried free. Simply put I have not included items like fried pakoras, puris or any deep-fried items and sweets using sugar principally to make it healthy.

Since these are healthy recipes, these are meant for any upvas / vrat time or even non upvas days and not just during Navratri.

Hope you enjoy these. Please leave a feedback in the website.

Happy & healthy fasting

Rama Ganapathy

<https://dairy-free-glutenfree-diet.com/>

What to eat during fasting

Let me make it clear. Fasting is strictly personal choice.

Just because it is Navratri, there is no hard and fast rules that one should observe the fast. And more so, throughout the nine days; some people observe fast only for the first / middle / last 3 days. Those who are very strict consume only milk and fruits. Some have only one meal thorough the day with the items mentioned below while some avoid only non-veg foods and alcohol. It is entirely left to one's preference.

Most important thing to remember during these festivals is to keep our hearts pure. By observing fast we try to cleanse our body. It is equally important to cleanse our mind & hearts too. Removing negative thoughts and directing our energies towards righteous actions, help cleanse the mind & hearts.

Though each family has their own rules & traditions for including or avoiding certain ingredients in their food during fast, most uniformly follow the basic pattern as given below:

Foods to be avoided during Vrat:

Non-vegetarian food, onion and garlic, rice (and rice products), wheat (including rawa and maida), lentils and its by products like besan, common salt*, turmeric, mustard seeds, fenugreek seeds, coriander powder, chilli powder & asafoetida (hing / perungayam).

*table salt is highly processed and so is not recommended. (sendha namak or upvaas ka namak / rock salt / black salt instead is advocated as it is not subjected to processing and so is considered pure).

Foods that can be included during Vrat:

Vrat favourites are: Sago (Sabudana / javvarisi), sama millet (vari chawal, bhagar), kuttu (buckwheat), singhara atta (water

chestnut) & rajgira (amaranthus), vegetables like potato, sweet potato, arbi (colocasia root / taro root), yam (chenai), carrot, pumpkin, cucumber, bottle gourd (lauki / dudhi / suraikai), all fruits and fruit juices, all dry fruits & nuts, sugar, honey, jaggery, milk and milk products (curd, ghee, home-made paneer, butter, cream & khoya).

Apart from these, one can use peanuts, cumin (jeera), green chillies, black pepper, green cardamom, cloves, cinnamon, ajwain, rock salt (sendha namak), coconut, coconut milk, souring agents like tamarind, kokum & lemon juice.

Some families add tomatoes, some do not. It all depends on the family traditions.

Since it is the time to eat light and cleanse yourself from within, too much spicy food is not advised.

From this list above, we can see that the foods that can be included are more than the ones that should be avoided. It bursts the myth that it is difficult to maintain fast. With the options available in front of us, we can cook up healthy, tasty and interesting food. In fact it detoxes our system.

To conclude:

1. Do not starve yourself. Starving creates craving and we end up overeating. Dry fruits and nuts can be had in moderation to avoid starving.
2. Consuming fresh fruits, fruit juices, coconut water, kokum juice, etc helps in satiating the hunger and keeping the body hydrated.

Happy and Healthy fasting.

Rama Ganapathy

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Main course

1. Sabudana Thalipeeth (Makes 8 to 9 thalipeeth)

½ cup Sabudana (sago / javvarisi / sabakki)
½ cup boiled and grated potato OR grated raw potato
¼ cup coarsely ground roasted peanuts
2 green chillies finely chopped
Finely chopped coriander leaves
1 tsp lemon juice
1/8 tsp jaggery powder
Rock salt to taste
Oil / ghee for making thalipeeth

Preparation:

Soak the sago for minimum 5 hrs / overnight with the water 2 cm above the pearls. Soaking time differs due to quality of Sabudana. The trick is to check if it mashes effortlessly when you press one pearl between your fingers after soaking. Drain excess water if any thoroughly.

- Add all other ingredients to soaked and drained Sabudana and mix well.
- The dough should be soft. Make medium lemon sized balls.
- Heat a heavy bottomed tawa.
- Take a plastic / baking sheet and slightly grease the centre.
- Place the ball on the greased portion and start flattening with hands. Wet your hands if necessary to spread the dough.
- Make fairly thin rounds and make 2 or 3 holes.
- When the tawa becomes hot, gently place the sheet upside down and slowly peel off the sheet.

- Alternately, you can place the sheet upside down in your palm and peel off the sheet with the other hand and then place the thalipeeth gently on the tawa.
- Drizzle oil around if need be.
- Cook till both sides become brown.

You can also do:

From the thalipeeth dough, remove half and make lemon sized balls. Heat an Appe pan, brush the moulds with oil and cook them on slow fire. Keep turning till all sides brown equally. This is a better option for Sabudana Vada which consumes lot of oil and which requires to be deep fried.

2. Sama Kichdi

½ cup sama

½ cup finely cut potatoes

¼ cup coarsely ground peanuts

1 tsp cumin seeds

1 green chilli finely chopped

1 tsp groundnut oil (you can use ghee)

Rock salt to taste

- Wash and drain sama.
 - Heat oil / ghee in a pressure cooker, add cumin seeds.
 - Once the cumin splutters, add the green chillies, potatoes & sauté for few minutes.
 - Add sama, salt and sauté for few more minutes.
 - Add 1½ cup water.
 - Close the cooker and cook for 4 whistles.
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Thali 1

Sabudana Thalipeeth / Vada,
Pumpkin Pomegranate Raita &
Coconut Ladoo



3. Sama & Sago dosa

1 cup sama
½ cup sago (Sabudana / javvarisi)
1 tablespoon peanut powder
1 tsp jeera
1 green chilli

- Soak sama and sago for 3 to 4 hours.
 - Grind to a smooth paste adding peanut powder & green chilli to dosa consistency. The batter should be slightly thinner than normal dosa batter.
 - Empty in a bowl and add salt.
 - Heat a tawa and make dosa as thin as possible.
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4. Coconut Sama rice

½ cup Sama washed and drained
1 cup freshly grated coconut
2 green chillies chopped
2 tsp oil (I used cold pressed coconut oil)
2 tablespoon roasted peanuts

- Heat 1 tsp oil in a pressure cooker, sauté the drained Sama and roast till water evaporates and the millet gets roasted fine.
- Add 1 cup water, salt and cook as per your convenience (either directly or in a pressure cooker or steam cooker).
- Once cooked fluff up the rice.
- Heat 1 tsp oil in a pan and sauté green chillies and roasted peanuts.

- Add grated coconut and sauté till the coconut becomes dry and leaves a nice aroma.
- Add the fluffed sama and mix well. Adjust salt level.

5. Sama Chila

½ cup Sama
 ¼ cup Sago (Sabudana)
 ¼ cup boiled and mashed potatoes
 2 green chillies minced
 2 tablespoon crushed peanuts
 2 tablespoon grated semi ripe papaya*
 2 tablespoon grated fresh coconut
 2 tablespoon coriander chopped
 Rock salt to taste
 Oil for roasting

* I had some leftover semi ripe papaya after making halwa. I used them. You can add grated vegetables like carrot, lauki, etc if they are allowed in your family for upvas.

- Soak Sama and Sabudana in water for 3 to 4 hrs.
- Drain and grind to a coarse consistency as in Idli batter.
- Keep for fermenting for 8 hrs or overnight.
- Add rest of the ingredients mix everything to a coarse batter consistency, adding little water if required.
- If the batter is thin, add some Rajgira flour.
- Heat a small deep kadai / shallow Aapam pan.
- Pour a ladleful of batter in the centre.
- Pour a tsp oil around, cover and cook on a slow fire till the bottom becomes brown. Flip carefully and cook on the other side till brown spots appear.

Thali 2

Sama Kichdi,
Peanut Amti &
Sabudhana Kheer



6. Stuffed Potato Tikki

For tikki

2 cups boiled peeled and mashed potatoes
 2 green chillies finely minced
 2 tablespoon chopped coriander
 Rock Salt to taste

For stuffing

½ cup shredded fresh coconut dry roasted and pulsed in a mixer
 1 tablespoon coarsely crushed roasted peanuts
 2 tablespoon coarsely crushed mixed nuts (almonds, cashew, walnut)
 1 tablespoon jaggery powder

- Mix all ingredients together for the tikki to a smooth consistency.
- Make big lemon sized balls.
- Mix all ingredients for the stuffing till well blended
- Take 1 ball of potato, make a whole in the centre and make a cup.
- Fill enough stuffing and close bringing the edges together..
- Lightly flatten with hands.
- Make all tikkis same way

You can either grill these in a grill pan / oven or alternately, just roast them in a heavy cast iron skillet brushed with oil.
 Keep flipping till both sides brown evenly.

7. Rajgira Paratha

½ cup Rajgira flour
 ¼ cup boiled and mashed potato

2 green chillies and 1” piece ginger coarsely pulsed together
 Handful chopped coriander leaves
 ½ tsp roasted cumin powder
 Rock salt to taste

- Heat a tawa.
- Pulse green chillies and coriander leaves in a mixer with 2 tablespoon water.
- Mix with all ingredients except the oil.
- Make into a soft dough. Add little more water if required. Rest the dough for 10 to 15 minutes.
- Make lime sized balls.
- Place a ball in between 2 oiled plastic sheets / baking sheets.
- Roll lightly like a roti.
- Gently remove from the sheet and place on the garam tawa.
- Cook on both sides till brown spots appear. Use ghee / oil if needed.
- Cook all parathas in the same way.

8. Sabudana Kashmiri Pulao

½ cup Sabudana
 2 tablespoon peanut powder
 4 green chillies slit into 1” long pieces
 1 tsp oil
 1 tsp cumin
 4 green cardamoms.
 1 tablespoon coconut milk
 6 cashews, 6 almonds, 6 walnuts—all broken into big pieces
 1 tsp black / golden raisins
 Rock salt to taste

- Wash and soak Sabudana overnight / 8 to 9 hrs with water just 1 cm above the pearls.
- Heat 1 tsp oil in a kadai and add cumin and green chillies and sauté.
- Add cardamoms, cashews, almonds and walnuts and raisins roast till they leave a nice aroma and remove.
- Take soaked sabudana in a vessel. Fluff up with a fork. Add the roasted spices, peanut powder and salt.
- Add the coconut milk and mix everything.
- Take a pressure cooker and add a cup of water at the bottom.
- Keep the Sabudana vessel in it, cover the vessel with a lid, close the cooker and cook on high for 2 whistles.
- Let the pressure settle, open the cooker and fluff up the Pulao.

9. Sama Pomegranate Rice

1 cup cooked sama (make sure the grains are separate)
 2 tablespoon fresh pomegranate
 2 green chillies chopped
 2 tablespoon cashew
 1 tsp oil
 1 tsp jeera
 Juice of half lemon

- Wash and drain sama
- In a pan, heat oil
- Add jeera and let it splutter
- Add green chillies, cashew and pomegranate seeds
- Sauté for a few minutes.
- Add cooked sama and mix everything well.

- Switch off the flame and add lime juice.
 - Garnish with coriander leaves.
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Thali 3

Sama & Sago dosa,
Alu sabzi &
Pumpkin Kheer



Side dish

1. Pumpkin Pomegranate Raita

2 tablespoon coarsely ground roasted peanut
 ¼ cup pomegranate
 2 tablespoon grated fresh coconut
 Rock Salt to taste
 ¼ cup thick beaten curd (groundnut curd)
 1 tsp oil
 ½ cup finely grated red pumpkin (kaddu)
 1 green chilli slit
 ½ tsp cumin seeds

- Heat 1 tsp oil and add cumin
- Let the cumin splutter. And add slit green chilli and grated pumpkin. Sauté for few minutes till pumpkin becomes soft but remains crunchy. Remove in a bowl
- Add first 4 ingredients and mix well
- Finally add the beaten curd and mix.

2. Peanut Amti

1/3 cup roasted peanuts
 2 green chillies
 1 tsp fresh coconut grated
 1 tsp oil / ghee
 1 tsp cumin seeds
 1/3 cup curd (I used groundnut curd)
 2 kokum flowers (Or 1 tsp tamarind paste / 2 tsp lime juice)
 Rock salt to taste
 2 cups water

- Grind roasted peanuts, green chillies and grated coconut to a fine paste with 1/3 cup curd. Remove in a pan.
- Add 1 cup water, Kokum flowers / tamarind paste, salt and boil on a low flame till the raw smell goes. If adding lime juice, add after you switch off the flame.
- Heat oil and add cumin seeds.
- Once the seeds splutter, add the tempering to the amti.
- Adjust the consistency of the amti as per your taste.

3. Alu Sabzi

1 cup boiled, peeled and roughly crushed potatoes
 1 tsp oil
 1 tsp cumin
 1 green chilli minced finely
 2 tablespoon coarsely crushed roasted peanuts
 Handful of chopped coriander leaves
 Juice of half lemon
 Rock Salt to taste

- Heat oil in a pan and add cumin
 - Once the cumin splutters, add the peanuts, minced green chilli and coriander leaves.
 - Sauté for a few minutes and add roughly crushed potatoes, salt and cook for few minutes, mixing with a light hand.
 - Switch off the flame and add lime juice.
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Thali 4

Sama Coconut Rice,
Kadhi &
Papaya Halwa



4. Kadhi

1 cup groundnut curd (or normal curd)
 2 tablespoon Rajgira atta / arrowroot flour
 2 teaspoon minced green chilli
 1 tsp rock salt
 1 tsp jaggery powder
 1 tsp oil
 1 tsp cumin seeds

- Beat the curd with Rajgira atta, green chilli paste, salt and jaggery powder
- Add water to desired consistency and bring it to boil on slow fire
- Add tempering of jeera in oil.

5. Arbi Kadhi

1/3 cup boiled, peeled and diced arbi (Colacasia / cheppan kizhangu)
 1 tablespoon grated fresh coconut
 2 green chillies
 ½ cup groundnut curd (you can use normal curd)
 1 tsp rajgira flour
 Rock salt to taste
 1 tsp oil
 1 tsp cumin seeds

- Grind chillies, cumin and coconut and rajgira flour with ½ cup curd to a fine paste.
- Pour over the arbi, add salt. Add water if the mixture is too thick.
- Cook on a slow fire till the curd comes to a boil.

- Switch off the flame.
- Heat oil in a pan, add cumin seeds and add the tempering to the curd mixture.

Thali 5

Sama Chila,
Arbi Kadhi &
Dates and Walnuts Barfi



6. Sweet & Sour pumpkin chatni

½ cup finely cut red pumpkin

3 green chillies minced finely

1 tablespoon finely cut deseeded dates

1 gooseberry size tamarind soaked in 1/ 4 cup water and squeezed
OR

1 tablespoon tamarind paste mixed with 1/ 4 cup water

2 tablespoon Jaggery

Rock salt to taste

1 tsp oil

1 tsp cumin seeds

- Soak dates in just enough warm water for 30 minutes and mash with a masher.
- Heat a tsp oil, add cumin seeds.
- Once the seeds splutter, add green chillies and cut pumpkins.
- Allow the pumpkin to cook well adding sufficient water and mash with a flat spatula
- Add the dates paste and sauté for few more minutes
- Add tamarind water, jaggery and boil for few more minutes till the pumpkin absorbs the masalas.
- Add salt and cook covered to chatni consistency. Add more water if required

Tip:

Grind in a mixer if you want a smooth consistency.

7. Peanut chatni

½ cup Roasted Peanut

¼ cup grated fresh coconut

2 green chillies
 Chopped coriander
 1 tsp tamarind paste / 1 small tamarind piece / 1 tsp lime juice

- Grind to a paste with all other ingredients.

8. Cucumber raita

½ cup grated cucumber
 ¼ to ½ cup curd (groundnut curd)
 2 green chillies and 1 tablespoon fresh coconut ground to a paste
 Rock salt to taste

Tempering

1 tsp oil, ½ tsp jeera

- Mix all the ingredients. Add the tempering. Garnish with chopped coriander

9. Dahi Alu

½ cup boiled, peeled and cubed potatoes / baby potatoes boiled and peeled
 ¾ cup thick groundnut curd (use normal curd if you wish)
 1 tsp coarsely powdered roasted peanuts
 1 tsp cumin seeds
 2 cloves, 1" piece cinnamon and 1 bay leaf (all optional)
 2 green chillies slit lengthwise
 Rock salt to taste
 1 tsp oil / ghee
 Chopped coriander leaves

- In a pan heat oil and add cloves, cinnamon and cumin seeds.
- When they leave a nice aroma, add the green chillies, coriander leaves and potatoes and sauté for few minutes.
- Add salt and mix well.
- Beat the curd well with peanuts powder and add to the potatoes.
- Lower the flame and cook till curd and potatoes blend and absorb all masala.

Thali 6

Stuffed Potato Tikki,
Sweet & Sour Pumpkin Chatni &
Rajgira Sheera



Dessert

1. Coconut Ladoo (Makes 8 ladoos)

½ cup freshly grated coconut

¼ cup jaggery powder

2 tablespoon cashew powder (preferably powdered till it leaves some oil)

2 tablespoon Rajgira flour / sama flour

Pinch of cardamom powder

- Dry roast Rajgira / sama flour till it gives a nice aroma. Do not over roast. Remove and keep in a bowl.
- Heat coconut and jaggery powder and boil till they blend well.
- Add cashew powder & roasted flour to thicken. Add cardamom powder.
- Remove from heat and cool.
- Grease your palm and make small ladoos.
- Roll in peanut powder (optional).

Add more Rajgira flour if need be if the mixture is thin. It should be thick enough to roll between palms.

2. Sago Kheer

1 tsp oil

1/3 cup sago (Sabudana)

4 tablespoon jaggery powder

1 tablespoon roasted cashew

Pinch of cardamom powder

½ cup thin coconut milk (1/4 cup coconut milk+1/4 cup water)

½ cup thick coconut milk

- Heat oil, roast sago.
 - Add ½ cup thin coconut milk and boil till the sago pearls become soft. Add more water if required.
 - Once the sago is cooked add jaggery powder and cook till the jaggery melts and mixes with sago.
 - Lower the flame, add thick coconut milk and bring it to just one boil.
 - Add roasted cashew and cardamom powder.
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Thali 7

Rajgira Paratha,
Peanut Chatni &
Sweet Potato Halwa



3. Pumpkin kheer

1 cup red pumpkin grated
 ½ cup coconut milk
 4 tablespoon powdered jaggery
 2 tablespoon cashew powder
 Roasted cashews and Raisins for garnish
 1 tsp oil (ghee)

- Sauté grated pumpkin pieces in oil
- Add ¼ cup coconut milk and boil till they become soft.
- Add jaggery and keep cooking.
- When the mixture thickens, add cashew powder and keep adding the balance ¼ cup coconut milk. Switch off the flame.
- Garnish with roasted cashew and raisins.

4. Papaya Halwa

1 cup tightly packed grated half ripe papaya*
 1 tablespoon finely ground cashew paste
 1 tablespoon arrowroot flour / sama flour
 ¼ to ½ cup grated jaggery**
 Cardamom powder
 Mixed Nuts and raisins for garnish

* you can use ripe papaya if you want, though half ripe papaya is preferred

**jaggery quantity depends on the sweetness / ripeness of papaya.
 Adjust accordingly

- Grind about 5 to 6 cashews to a fine paste adding amount of water required.
- Mix with grated papaya. By adding the cashew paste, the use of ghee / oil can be avoided.
- Heat a pan and add the ripe papaya and cashew paste mix. It will start releasing water / juice. Cook on a low flame. Keep stirring to avoid burning at the bottom.
- Once the raw smell goes, add the flour and jaggery and continue to cook. Jaggery will leave water.
- Keep stirring & cooking till the water evaporates and halwa consistency is reached.
- Add cardamom powder.
- Garnish with nuts and raisins.

5. Dates and Walnuts Barfi

½ cup walnuts cut into small pieces

½ cup deseeded dated finely chopped

2 tablespoon grated jaggery or jaggery powder

- Heat a skillet and dry roast the walnuts till brown. Remove and cool
 - In the same pan, add the dates pieces and roast.
 - The dates will start melting and sticking together. Add the jaggery powder and continue to roast till they become a paste.
 - Add the walnuts and continue to mix on a slow fire.
 - When everything forms a lump, switch off the flame.
 - Grease a plate and stuff the mixture and flatten the surface.
 - When the mixture cools down, cut into squares.
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Thali 8

Sabudana Kashmiri Pulao,
Cucumber Raita &
Fruit Custard



6. Rajgira sheera

1 cup Rajgira flour (Amaranth flour)
3/4 cup jaggery powder
1 cup coconut milk
Dry fruits for garnishing
1/8 tsp cardamom powder

- Dry roast Rajgira atta* in a heavy bottomed skillet till you get the nice aroma and the atta becomes light.
- Reduce the flame and add jaggery powder and keep stirring.
- Jaggery will leave water and the mixture will become watery.
- Make sure to avoid lumps.
- Add the coconut milk slowly and keep stirring on a slow flame till it gathers like halwa.
- Add cardamom powder.
- Remove in a bowl and garnish with dry fruits.

*I have avoided oil here. If you want you can roast the atta in ghee.

7. Sweet potato halwa

1 cup boiled and mashed sweet potato

1/3 cup jaggery powder

2 tablespoon coconut milk

2 tablespoon mixed dry fruits chopped

Cardamom powder

1 tablespoon oil

- Sauté boiled and mashed sweet potatoes in oil (ghee) for few minutes.
 - Add coconut milk & jaggery powder and cook further till everything gets mixed well.
 - Add cardamom powder and chopped dry fruits.
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8. Fruit Custard

1 cup thin coconut milk
3 tablespoon Sama powder (powder sama in a mixer)
2 tablespoon jaggery powder
¼ tsp cardamom powder
Fruits of your choice cut into tiny pieces

- Mix thin coconut milk and Sama powder and boil on a low flame
- Keep stirring to make sure it doesn't stick to the bottom / form lumps
- When the mixture reaches a thick custard consistency switch off the flame and add jaggery powder and cardamom powder
- Once it cools, add the fruits.

9. Peanut & Dates Ladoo

1 cup roasted unsalted peanuts
1/3 cup jaggery powder
4 dates deseeded
2 tablespoon desiccated coconut

- Pulse everything in the mixer / food processor till they form a soft ball consistency.
 - Remove in a bowl.
 - Make small ladoos.
 - Spread the desiccated coconut in a plate.
 - Roll the ladoos in that.
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Thali 9

Sama Pomegranate Rice,
Dahi Alu &
Peanut Ladoo

