

# Healthy & Easy Ayurvedic **Salads & Starters**





# INDIA

## *The Land of Ayurveda*

Ayurveda originated in India during the prehistoric times. The classical Ayurveda is believed to have begun with the knowledge transfer of this life science from the Gods to sages, and then to human physicians. Since 5000 years ago, there has been consistent development of Ayurveda science during the Charak Samhita period. Ayurveda is the system of medicine that evolved in India methodically, setting standards of optimal lifestyle & wellbeing. Ayurveda was practiced as a way of life in every household and every homemaker was a bit of a physician herself with her medicinal herbs growing right in her backyard. Every village had a Vaidya (respected, experienced and knowledgeable physician) who was consulted for chronic issues.

*The global need for safer alternatives for chemical based approach is now pushing Ayurveda to the forefront all over again!*



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# BITTER SWEET SALAD

Healthy balance of natural ingredients



Duration  
30 min



Serves  
2



Simplicity  
7 / 10

## Benefits:

### Avacado

- 🥑 Excellent source of nutrients
- 🥑 Beneficial for gut health
- 🥑 Beneficial for heart health
- 🥑 Rich source of antioxidants

### Mung beans

- 🥕 Rich in Healthy Nutrients
- 🥕 High Antioxidant Levels
- 🥕 Helps Manage Cholesterol Levels
- 🥕 Improves Digestive Health

## Ingredients:

- 🌿 1 Cup red or white quinoa
- 🌿 1/4 Tsp ground cumin (*jeera*)
- 🌿 1/4 Tsp sweet paprika
- 🌿 Freshly ground black pepper (*kali mirchi*)
- 🌿 2 Medium firm-ripe butter fruit, peeled and diced
- 🌿 2 Cups water
- 🌿 1 Large Lemon (*nimbu*)
- 🌿 Salt to taste

## Method:

1. Rinse the quinoa with cold water.
2. Cook the quinoa in a rice cooker with water till it becomes fluffy. Strain and let it cool
3. Cut and add the butter fruit to it. Squeeze the lemon on to it.
4. Add all the spices and salt to taste.
5. Toss the salad and serve,



# AYURVEDIC FALAFAL

Fibre rich meal for better digestion



Duration  
35 min



Serves  
2



Simplicity  
6/10

## Benefits:

### Garlic (*lasoon*)

-  Contains Compounds With Potent Medicinal Properties
-  Can Combat Common Cold
-  Can Reduce Blood Pressure
-  Improves Cholesterol Levels

### Cumin (*jeera*)

-  Promotes Digestion
-  Rich Source of Iron
-  May Improve Blood Cholesterol
-  Aids In Weight Loss

## Ingredients:

-  1 Small onion(*pyaaz*) chopped
-  1 Tsp red pepper flakes & turmeric(*haldi*)
-  1/2 Cup chopped cilantro(*dhaniya*) & parsley
-  1 Cup overnight soaked mung beans
-  2 Tsp cumin(*jeera*) seeds & coriander (*dhaniya*) seeds
-  3-5 Tsp potato starch
-  2-3 Cloves of garlic (*lasoon*)
-  Salt to taste

## Method:

1. In a food processor, add all the ingredients mentioned above (except potato starch) along with cooked mung beans and grind into a coarse mix.
2. Mix this coarse mixture with potato starch to form falafel balls.
3. Once you form all the balls keep them in the refrigerator for about 30-40 minutes to set and firm up. It's easier to sauté these balls on a skillet once they are firmed up in the refrigerator and require very little oil to sauté.
4. Take your skillet and place it on low-medium heat, add two drops of olive oil (or any vegetable oil you prefer) and spread it evenly on the warm skillet. Place the flattened balls and cook them on low-medium heat. Flip them after a couple of minutes to cook on the other side.

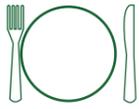


# GINGER & LIME BITES

Helps ignite digestive agni



Duration  
15 min



Serves  
2



Simplicity  
9/10

## Benefits:

### Cilantro (*dhaniya*)



Helps In Diabetes Management



Has A Positive Impact On Mood



Good For Digestive Health



Helps Manage Anemia, Menstrual Disorders

### Ginger (*adrak*)



Help relieve nausea and vomiting



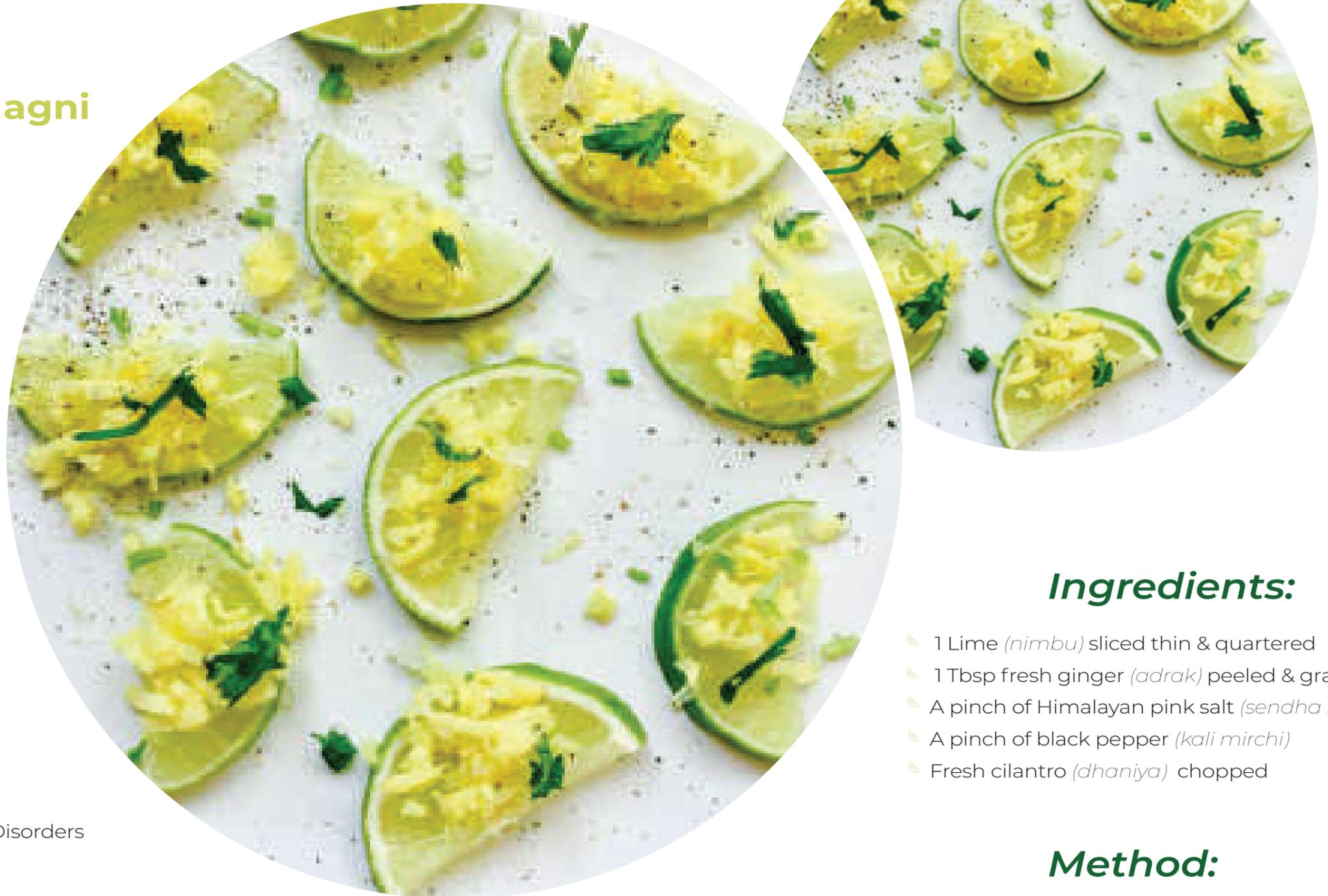
Has anti-inflammatory effects



Good for cardiovascular health



Aids weightloss



## Ingredients:

- 1 Lime (*nimbu*) sliced thin & quartered
- 1 Tbsp fresh ginger (*adrak*) peeled & grated
- A pinch of Himalayan pink salt (*sendha namak*)
- A pinch of black pepper (*kali mirchi*)
- Fresh cilantro (*dhaniya*) chopped

## Method:

- Using a Microplane, grate a 2 inch piece of fresh ginger, and mix it with a pinch of salt and pepper (optional). Set it aside. Ginger can also be finely minced instead of grated to create less juice.
- Cut the lime into quarters then thinly slice it, like you would an orange. It should be able to hold the weight of the ginger if you want to serve it as a lime cracker. Arrange them on a plate, and add about 1/8 teaspoon of the ginger and salt mixture to each slice of lime.
- Sprinkle with fresh, chopped cilantro and serve.

# LIVAYUR

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