

LIVOUR

BREAKFAST RECIPES

Healthy, Easy & Nutritious



PRELUDE

All information mentioned here is only for informative & generic purposes for self-care empowerment & therefore users may make necessary modifications in the recipes as per their choice & taste.

This book has been designed to create awareness about the easily available ingredients which can be made with a twist to create interesting, fun & fusion food recipes.



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SPICED OATMEAL WITH DATES

A healthy twist to your classic oatmeal recipe

INGREDIENTS:

- 2/3 cup of oats
- 1 tablespoon of ghee
- 1/4 cup of dates
- 1/4 teaspoon of cardamom powder
- 1/4 teaspoon of cinnamon powder
- Pinch of nutmeg powder
- Salt to taste
- 2 cups of water
- 1/4 cup of milk (optional)

METHOD OF PREPARATION

1. Add oats, dates, salt, ghee and water to a saucepan and bring it to a boil.
2. Reduce the heat and add cardamom, cinnamon and nutmeg powder.
3. Cook on low flames for about 5-10 minutes or until the oats are completely cooked. You may also add milk to our oats if you want.

BENEFITS

Dates

Contains high amounts of nutrients

Fights oxidative damage

Manages diabetes (has a low GI)

Promotes brain function



Oats

Lowers cholesterol levels

Alleviates anxiety

Balances Vata Dosha

Manages constipation

Regulates blood sugar levels



VEGGIE-LOADED DALIA

A fibre-rich savoury breakfast to boost your digestion



INGREDIENTS:

- | | |
|--------------------------------|---------------------------------------|
| 1 cup of daliya (broken wheat) | 1 teaspoon of ginger |
| 1 tablespoon of ghee | ½ teaspoon of cumin seeds (jeera) |
| 1 cup of chopped onions | ½ teaspoon of turmeric powder (haldi) |
| ½ cup of tomatoes | Salt to taste |
| ½ cup of peas | 2 cups of water |
| 2-3 cloves of garlic, chopped | |

METHOD OF PREPARATION

1. Place a pressure cooker on moderate flame and add ghee.
2. Once warm, add cumin seeds, onion, ginger and garlic to it.
3. After a minute, add tomatoes, peas and turmeric powder to the pressure cooker and let everything cook for a while.
4. Add daliya and salt to taste. Let it roast for a few minutes
5. Next, add water and close the lid of the pressure cooker. Allow it to whistle 2-3 times before turning off the flame.
6. Garnish your daliya with chopped coriander leaves and serve hot.

BENEFITS

Daliya



Loaded in proteins, vitamins and minerals

Lowers cholesterol levels

Aids in weight loss

Manages constipation

Manages blood sugar levels

BAKED APPLE BITES

An easy to make power-packed breakfast

INGREDIENTS:

- | | |
|--------------------------------------|-------------------------------|
| 2 apples, peeled and cut in half | ½ teaspoon of cinnamon powder |
| 3 tablespoons of ghee | ½ teaspoon of cardamom powder |
| ½ cup of chopped and toasted walnuts | 1 teaspoon of minced ginger |
| 1 tablespoon of raisins | A pinch of nutmeg |
| 2 tablespoons of honey | Salt to taste |

METHOD OF PREPARATION

1. Remove the core of the apples & grease them with 1 tbsp ghee.
2. Add the remaining ghee, raisins, honey, cinnamon powder, cardamom powder, ginger, walnuts, nutmeg & salt into a bowl. Mix well.
3. Fill the apples with the mixture and put them on a baking sheet.
4. Cover the baking sheet with aluminium foil and let the apples bake for 10 minutes.
5. Remove the foil and continue baking the apples for 4-5 minutes.
6. Take the apples out of the oven and serve them hot.



BENEFITS

Apples



Manages blood sugar levels

- Prevents cancer
- Boosts immune system
- Aids in weight loss
- Manages constipation

Walnuts



Reduces risk of heart diseases

- Boosts brain health
- Prevents acne
- Lowers the levels of bad cholesterol

Raisins



Boosts energy levels

- Strengthens bones
- Improves haemoglobin Levels
- Relieves gastrointestinal problems

VEGETABLE UPMA

A popular, nutritious and light-to-digest South Indian breakfast



INGREDIENTS:

- | | |
|-------------------------------------|------------------------------------|
| 1 cup of semolina (sooji) | Chopped coriander & curry leaves |
| 3 tablespoons of ghee | 1 teaspoon of chana dal & urad dal |
| 2 tablespoons of fried groundnuts | 1 teaspoon of grated ginger |
| 1 chopped onion | 1 teaspoon of mustard seeds (rai) |
| 3 green chillies, slit sideways | Salt to taste |
| 1 chopped potato, capsicum & carrot | Lemon juice to taste |
| ¼ cup of green peas | |

METHOD OF PREPARATION

1. Heat 1 tbsp ghee in a pan & fry semolina on low heat till it turns light brown.
2. Set aside the semolina & heat the remaining ghee in the pan.
3. Add mustard seeds, curry leaves, chana dal & urad dal. Fry for a few minutes.
4. Add green chillies, onion & ginger & cook until the onion turns brown.
5. Add all the vegetables & salt to the pan with 3 cups of water.
6. Cover the pan & allow it to simmer on low heat or until the vegetables have become soft.
7. Add the fried semolina & stir the mixture constantly.
8. Turn off the flame. Add lemon juice, coriander leaves & groundnuts.

BENEFITS

Semolina



Boosts energy levels

Aids in weight loss

Increases iron levels

Supports nervous system

Enhances immunity



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