

# Nankhatai – Eggless Indian Cookies / Cookies Recipe



## **Nan Khatai**



Nankhattai are short bread Indian cookies also called Nan khatai. It is a simple egg less cookies made with flour, semolina, sugar and ghee. Spices like cardamom added to give an extra zing to the cookies. You can add any nuts to garnish the cookies. Nankhattai are perfect accompaniment for afternoon [tea](#) or [coffee](#).

# Ingredients for Nankhattai

**Servings** : 15 Cookies

- 1/2 Cup of All Purpose Flour / Maida
- 1/3 Cup of Semolina (Sooji / Rava)
- 1/4 Cup + 2 Tbsp of Castor Sugar
- 1/8 Tsp of Baking Soda
- 1/4 Cup of Clarified Butter (Ghee)
- 2 -3 Tbsp of Milk
- 3 Cardamom, Powdered with mortar and pestle
- 1 Tbsp of Whole Wheat Flour
- Few cashew nuts

## Method for Nankhattai

- In a bowl, add maida, whole wheat flour, castor sugar, cardamom powder, baking soda and sooji, mix it well with hand.
- Add ghee little by little and mix it with flour, once the ghee has mixed well with the mixture. Add milk, little by little, mix well till the dough is formed. Knead the dough till you get soft.
- Divide the dough into equal parts, and use palm of your hand and make little balls out of the dough, approximately you will get 15 balls.
- Cookies gets flat and cracked when you bake so your balls should be smooth and without cracks.
- Place the balls in a baking tray, using knife, make a dent at the top of the cookie dough balls. Garnish with cashew pieces.

- In the mean time, preheat the oven to 300 Degree F.
- Place the baking tray in refrigerator for 10 mins.
- After 10 mins, place the baking tray in oven for 20 -25 mins. My cookies took 22 mins to bake.
- Let them cool completely and enjoy with [coffee](#) or [tea](#).
- Store the remaining cookies in an airtight container.



**Tips**

- If you find your dough is sticky, then add 1 or 2 tbsp of flour and then knead it..
- Keep an eye on cookies while baking, it should not turn to brown color.
- Adjust the amount of sugar according to your taste.
- Make castor sugar by grinding regular sugar.

Recipe slightly adapted from Chef Annuradha



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## [Eggless Vanilla Sponge Cake](#)

# Using Yogurt / No Egg No Butter Recipe / Step by step Procedure

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*Eggless vanilla sponge cake using yogurt / no egg no butter cake recipe is very easy to make cake for birthday parties. Last week was my friend's birthday, so I surprised her by baking this Eggless vanilla sponge cake. She was really amazed and happy to see the vanilla sponge cake. She tasted it and said it was "out of the world". This recipe is originally by Nita Mehta and has been blogged by many bloggers. I really*

*love this cake recipe as it was egg free and no butter added. Also it turned super soft and moist. Try this egg less cake recipe and let me know your feedback.*

## **Ingredients**

**1.5 Cups of Maida/ All Purpose Flour**  
**1 Cup of Thick Yogurt or Curd**  
**1 Cup of Sugar**  
**1/2 Tsp of Baking Soda**  
**1 and 1/4 Tsp of Baking Powder**  
**1/2 Cup of Cooking Oil**  
**1 and 1/2 Tsp of Vanilla Essence**  
**1 Tbsp of Milk for brushing the top.**

## **Method**

- **In a bowl, add sugar and curd/yogurt, wait until all sugar completely dissolves. Now add baking powder, baking soda to the sugar-curd mixture and stir well.**



- **Keep it aside for 3 – 5 mins and you can able to see the bubbles appears at the top. Now add the vanilla essence,**

cooking oil and stir well.

- Add maida/ All Purpose Flour, slowly to the sugar – yogurt mixture. Beat well with a whisk or forks until it turns thick and creamy as you see in the pic.



- Preheat oven to 350 degree F. Meanwhile grease the pan with oil and all purpose flour and pour the batter to the baking pan. I used 8" \* 8" square pan.



- Bake it in preheated oven for 30-35 mins.



- Check it by inserting fork or tooth prick in the center of the cake, if it comes out clean, then your cake is ready. Just brush the top of the cake with 1 tbsp of milk, 10mins before the ending time to get a nice polishing glaze.
- Allow the cake to cool down for 10mins, then carefully take it out from the pan and enjoy !!!!



## Tips

- Don't keep the batter to sit for long time after mixing, as baking soda reacts faster and makes your cake harder.
- Always use curd at room temperature and curd should be thick.
- If your cake turns browning too much on the top, just cover it with aluminium coil and bake it for another 5 mins, it comes out good.
- You can refrigerate the cake and keep it for 2-3 days.
- You can also add nuts to the batter, for extra richness and crunchy taste.

## Health benefits of Vanilla

- Vanilla extract contains small amounts of B-complex groups of vitamins such as niacin, pantothenic acid, thiamin, riboflavin and vitamin B-6.
- Reduces anxiety and stress
- Vanilla extract has been used to help calm patients with queasy stomachs.



# Eggless Blueberry Muffins with yogurt – Baking Recipes

Pin it



*“Blueberry ” is a magical fruit which is getting popular because of its nutritional benefits like whittle away the belly fat, high in antioxidant levels, slow down the aging process and boost the immune system. So stock your kitchen with these tiny little blue gem and include in your part of your diet. You can make many dishes with blueberry like pancakes, muffins and healthy bars. In this recipe, yogurt gives a nice kick and softness to the muffins. For breakfast or snack, nothing can beat blueberry muffins. Try this recipe and let me know your feedback.*

## Ingredients

1 and 1/2 Cups of Maida/ All purpose flour

3/4 Cup of Blueberry

1 Cup of yogurt or Thick Curd

3/4 – 1 Cup of Sugar

1/2 Tsp of Baking Soda

1 and 1/4 Tsp of Baking Powder

1/2 Cup of Cooking oil

1 and 1/2 Tsp of Vanilla Essence

1 Tbsp of Milk for brushing the top.

## Method

- In a bowl, add sugar and yogurt, wait until all sugar completely dissolves. Now add baking powder, baking soda to the sugar-curd mixture and stir well.
- Keep it aside for 3 – 5 mins and you can able to see the bubbles appears at the top. Now add the vanilla essence, cooking oil and stir well.
- Add maida, slowly to the sugar – yogurt mixture. Beat well with a whisk or forks until it turns thick and creamy. Add blueberries to the batter and mix well.
- Preheat oven to 400 degree F for 10mins. Meanwhile place the muffin liners in the muffin pan and pour the batter to the muffin liners in the muffin pan and keep it ready.
- Bake in preheated oven at 400 degree F for 10 mins, then reduce the temperature to 350 deg F and bake it for

30-35 mins. Check it by inserting fork or tooth prick in the center of the muffin, if it comes out clean, then your muffin is ready.

- Just brush the top of the muffin with 1 tbsp milk, 10mins before the ending time to get a nice polishing glaze.
- Allow the muffin to cool down for 10mins, then carefully take it out from the pan and enjoy !!!!



### Tips

- Don't keep the batter to sit for long time after mixing, as baking soda reacts faster and makes your muffin harder.
- If you don't have muffin liner, just grease the pan with some oil.
- You can add cranberry or any other fruits by following the same recipe.

## Health Benefits of Blueberry

- Highest anti-oxidant content of all fresh fruits.
- Aids in reducing belly fat.
- High in vitamin C and anthocyanin content, which gives blue color to the fruit.
- Good for urinary tract health, vision and brain health.
- Slow the aging process.
- Boost your immune system.

