

Raspberry Breakfast Bars / Healthy Breakfast Bars



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Don't have time to make morning breakfast ? Prepare this breakfast bars ahead of time and take your breakfast on the go. These easy to make raspberry bars are a perfect healthy snack and are packed with all nutrients. Here I used raspberries, you can use any berries like strawberry or blueberries or blackberries to make this breakfast bars. These bars also make a great trail snack.

Ingredients

Raspberry Filling

3/4 Cup of Raspberries
3 Tbsp of Sugar
1 Tbsp of Corn Starch
1 Tbsp of Lemon Juice

Breakfast Bars

3/4 Cup of Quick Cooking Oats or Multigrain Cereal
1/4 cup Whole Wheat Flour
1/4 cup Packed Brown Sugar
2 Tbsp of Walnut Pieces
1/2 teaspoon Ground Cinnamon
3 Tbsp of Vegetable oil
1 Tbsp of Ground Flax Seed

Method

Raspberry Filling

- Preheat the oven to 350°F.
- In a pan, add raspberries, sugar, cornstarch and lemon juice. Stir over medium heat until the mixture comes to a boil. Simmer and stir it for 2 minutes until the sauce gets thick. Turn off the flame.

Breakfast Bars

- In a blender or food processor, add oats, wheat flour, sugar, flax seed powder, walnuts and cinnamon. Grind it to a fine powder. Transfer this to a bowl, add oil to the mixture and mix it with spoon.

Assembling the bars in a baking pan.

- Take a baking pan, place half of the crumb mixture evenly on bottom of the pan.
- Spread raspberry filling evenly over crumbs. Again top it with remaining crumbs and pat down gently.
- Bake it for 25 minutes.
- Take out the pan from oven. Let it cool completely for 10 mins. Then cut into bars and serve.

Tips

- If you don't have flax seed powder, add 1 egg instead.
- Add any nuts of your choice in place of walnuts.
- You can also try any fruits like blackberry or blueberry instead of raspberries.

Health Benefits of Raspberries

- Helps to lose weight.
- Reduces cancer risk.
- Maintains the cardiovascular health.
- Enhances fertility.
- Slow aging process.
- Strengthens the immune system.

Raspberry Breakfast Bars



**Mushroom 65 (Dry Recipe) /
Mushroom Snack Recipe**



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Mushroom 65 is a spicy Indo-Chinese appetizer. Here the mushroom are first marinated in a batter, then deep fried and finally garnished with spring (green) onion and sriracha sauce. It has a distinct flavor because of addition of soy sauce, chilly and garlic. Also this is a great evening snack for kids and adults.

Ingredients

- 2 Very Big White Mushroom, Sliced (10 Slices)
- 4 Tbsp of Corn Flour
- 3 Tbsp of Red Onion, Finely Chopped
- 1 Garlic Clove, Finely Chopped
- 2 Green Chilies

1/2 Tsp of Black Pepper Powder
2 Tsp of Soy Sauce
Pinch of Ajinomoto
Water as needed
Oil for Deep Frying

To Garnish

1 Spring Onion (Green Onion)
Sriracha Sauce / Tomato Chili Sauce to taste.

Method

- In a bowl, mix all the ingredients with little water. The batter consistency should be little thick but not watery. Keep this aside for 5 mins to marinate.
- Meanwhile, heat oil in a shallow pan for deep frying. When it is hot, deep fry the every piece of marinated mushroom until it changes color. Once done, drain the excess of oil and take it out from the pan.
- Finally garnish with chopped spring (green) onion and sriracha sauce.
- Enjoy with tea.

Tips

- You can omit the ajinomoto, if you don't want.
- Red Chilly powder can also be added in place of green chilly.
- As soy sauce is salty in taste, you don't want to add table salt.

Health Benefits of Mushroom

- Low in calories

- High in protein and fiber.
- Good source of iron, niacin, vitamin B, C and D and anti-oxidants.
- Significant anti-bacterial activity.
- Good for immune function and cardiovascular benefits.



ASIAN INSPIRED SHREDDED

CHAPATHI | LEFTOVER CHAPATHI NOODLES



Are you in the mood for some Asian food and all you have is some leftover chapathi or even leftover wheat/flour tortilla, here is a simple recipe with an Asian twist . As chapathis are made of whole wheat flour and with the addition of colorful vegetables, you can make this healthy chapathi noodles for kids as snack after they come back from school.

Ingredients

3 Chapathi, I used Leftover Roomali Roti
1/2 of Large White/ Red Onion, Sliced
1 Carrot, Thin Strips
1/4 Cup of Sliced Cabbage
1 Tbsp of Green Bell Pepper(Capsicum), Finely Chopped
3 Mushroom, Sliced
1/2 Tsp of Sugar
2 Green Chillies
1 Tsp of Soy Sauce
2 Tsp of Tomato Chilli Ketchup
4 Sliced Jalepeno Pepper or 1/2 Tsp of vinegar or
Lemon Juice
1/4 Tsp of Black pepper Powder
Salt to Taste
1 Spring (Green) Onion to garnish

Method



- Stack the chapathis, one above the other and cut into four quarters, cut along lengthwise into thin strips.
- Heat oil in a pan, add sliced onion and green chillies, fry them until it turns golden brown. Add carrot, mushroom, capsicum, cabbage and salt, fry them for 2 mins.

- Then add soy sauce, sugar, tomato chilli ketchup, black pepper and jalepeno pepper. Mix well and fry them for a min.
- Finally add lengthwise cut chapathi's and toss well to mix in high flame and garnish with spring(green) onion and serve hot immediately.



Tips

- You can add any vegetables of your choice.
- If you don't get jalapeno peppers, instead you can add vinegar or lemon juice for tangy taste.
- You can also follow the same recipe with parotta or tortilla
- You can add tomato ketchup instead of tomato chilli ketchup.
- Teriyaki sauce can also be added for a nice taste.
- Add a tbsp of peanut butter or toasted sesame

seeds/sesame oil can also be added for more authentic Asian flavor.

- Make the vegetables crunchy it should not be too soft.

Health Benefits of Chapathi(Whole Wheat) & Vegetables

- Rich in fiber and protein.
- Reduce the risk of cardiovascular diseases and diabetes.
- Good for weight loss.
- Vegetables are home for antioxidants.
- Vegetables are packed with soluble and insoluble fibers.



1. f cardiovascular disease.
2. Reversing the weight gain process.
3. Lowers the risk of diabetes.
4. Excellent laxative properties.

Read more at <http://foody-buddy.blogspot.com/2013/08/whole-wheat-sandwich-bread-how-to-make.html#UXyUDai3sGLX7WjC.99>

5. Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
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