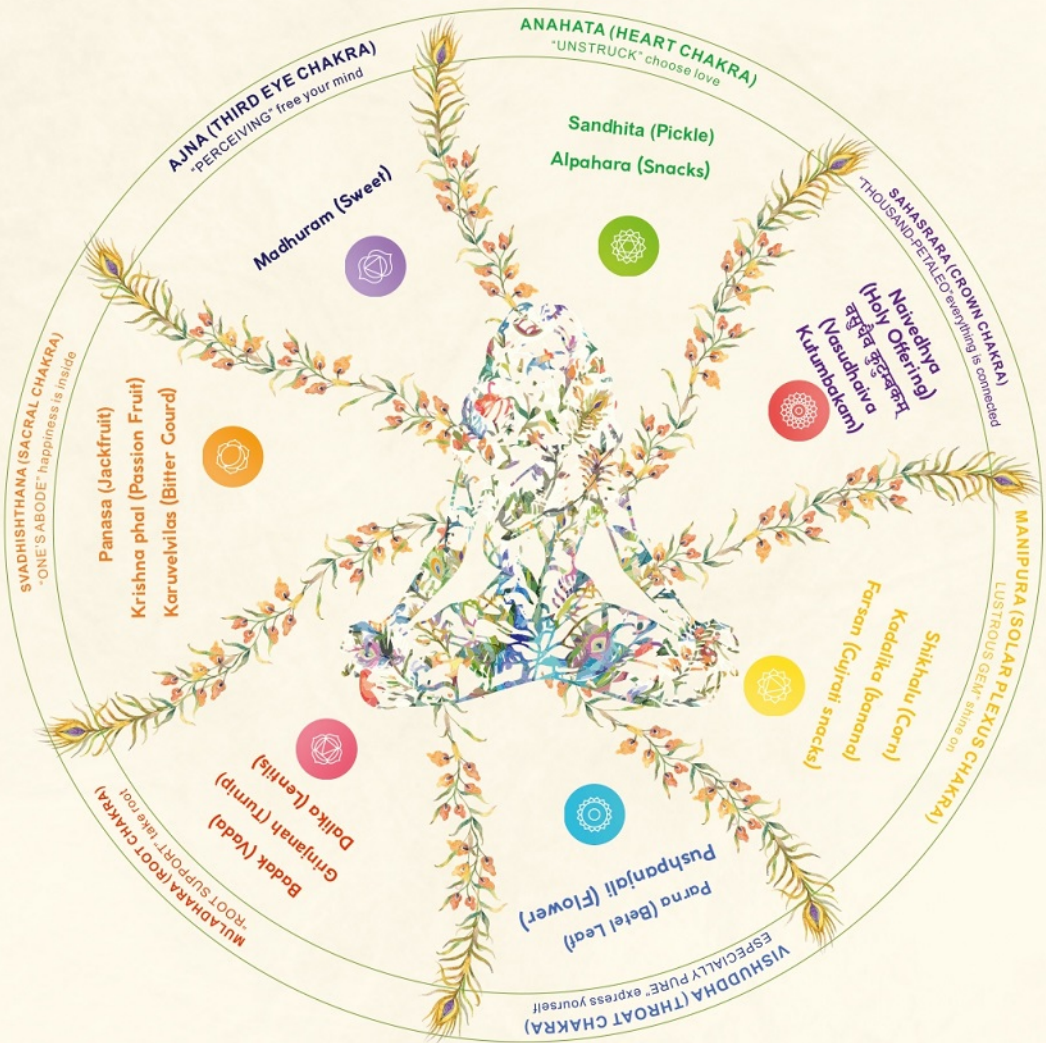


avatāra

The Chakras of Life



Naivedhya (Holy Offering)

Alpahara (Snacks)

Shikhalu (Corn)

Badak (Vada)

Kadalika (Banana)

Karuvilvilas (Bitter Gourd)

Grinjanah (Turnip)

Sandhita (Pickle)

Panasa (Jackfruit)

Krishna phal (Passion Fruit)

Dalika (Lentils)

**वसुधैव कुटुम्बकम्
(Vasudhaiva Kutumbakam)**

Farsan (Gujrati Snacks)

Madhuram (Sweet)

Parna (Betel Leaf)

Pushpanjali (Flower)

Makhan malai, popping mishri, panchamrita

Food offered to a deity as worship with prayers during rituals.

Okra chili thecha, alu vadi, sol kadi

When the appetite is slow or inactive, the digestive fire needs to be stoked, and these Maharashtrian side dishes act as a stimulant by blending the katu (bitter), amla (sour), tikshna (pungent), lavana (salty), and madhur (sweet) flavors, making for a holistic and balanced snack.

Grilled baby corn, missi ghevar, corn & tomato shorba

The ancient Ayurvedic scriptures praise the healing potential of corn in successfully battling hypertension or high blood pressure, averting cancer, treating depression, and remedying liver disorders.

Dal vada, beetroot kanji, black lemon pickle

Deep-fried fritters made with lentils and served with fermented beetroot and mustard water. These are cooked as ritual offerings during festive feasts.

Raw banana chaat, avocado chutney, khakra

Raw banana is a rich source of vitamins and minerals. It can be used as a substitute for potatoes.

Chee roast karela, mango sambhar gelato, dosai

"Bitter as Beautiful" is the best description of the gourd, according to its Sanskrit name, "playfully adorns a vine." This vegetable is considered extremely beneficial in Ayurveda, acting as a blood purifier and effective in regulating the metabolism of sugar.

Rajma gogji, amaranth katlam, apple chutney

Turnips are loaded with fiber and vitamins, as well as minerals like manganese, potassium, magnesium, iron, calcium, and copper. They are also a good source of phosphorus, omega-3 fatty acids, and protein.

Achari broccolini, panchphoran carrot, candied walnut

This recipe uses broccolini and carrot with pickle spice, which is a good source of fiber and minerals.

Jackfruit momo, sea buckthorn thukpa, rice crisp

Jackfruit can be eaten as a nutritious snack. It proves to be a rich source of vitamins, minerals, and complex carbohydrates.

Passion fruit, guava water, strawberry chutney

In India, the blue passion flowers are called Krishnakamala. The five anthers represent the five Pandavas from the epic Mahabharata. The center represents Krishna, and the outer radial filaments represent the opposing hundred Kauravas.

Horsegram curry, ragi bhatura, jakhiya aloo

Horse gram is widely cultivated in Uttarakhand and is highly nutritious, being an excellent source of minerals like iron, calcium, and phosphorus. Most importantly, horse gram is proven effective for natural kidney stone treatment.

One earth, one world, one family

In this course, we are celebrating one grain, which is Rice, as it is one of the oldest and most common cooking ingredients across the world. It is the primary source of energy for a significant portion of the world's population. It can be used in a wide range of dishes and can be consumed in various forms. Rice itself has a relatively mild and neutral flavor, which allows it to complement and absorb the flavors of other food dishes it is served with.

Jalebi-fafda, pumpkin dhokla, Gujarati kadhi

This sweet-salty combination is traditionally served during Dussehra as breakfast and is a favorite street food in Gujarat.

Bal Mithai, chocolate rosette, buransh ras

Sweetness gives us the ability to feel and give love in our lives. Sugar is a necessity to feed our brain and nervous system.

Paan

Betel leaves are used in many Ayurvedic medicines as they have digestive, carminative, and healing properties.

Jasmine & lychee tea

An offering of Pushpanjali, a palm full of fragrant flowers, at the feet of the deity as a traditional form of floral homage.