

HAS Fund raising event vegan recipes for sale

Aval muesli

Red rice aval – 1 small cup

Raisins, dates, and nuts for garnishing

Soy milk – 50 ml

Mix all the ingredients.

Veggie salad

Ingredients:

Chopped tomato, cucumber and carrot, chopped coriander and pudina leaves.

Add chat masala to the chopped veggies. Mix well. Sprinkle little lime juice.

Garnish with coriander and pudina leaves.

Fruit salad:

Ingredients:

Banana slices, chikku slices, Orange slices, pomegranate, dates syrup- 1 teaspoon.

Mix all the ingredients.

Fruit chat:

Papaya slices- 1 small cup

Pudina leaves , lime juice and chat masala

Mix Papaya slices with little chat masala and lime juice. Garnish with pudina leaves.

Soy milk (Cardamom flavor)

150 ml water (chilled)

Soy milk powder- 2 spoons

Cardamom powder- for flavoring

Dates syrup- 1 tablespoon

Ice cubes (optional)

Blend all these ingredients in the blender.

Choco soy milk

150 ml water (chilled)

Soy milk powder – 2 spoons

Raw cacao powder- ½ tea spoon

Dates syrup – 1 ½ tablespoon

Ice cubes optional

Blend these ingredients in the blender.

Vanilla soy milk

150 ml water (chilled)

Soy milk powder – 2 spoons

Vanilla bean extract – ½ teaspoon

Dates syrup – 1 ½ tablespoon

Ice cubes optional

Blend these ingredients in the blender.

Watermelon smoothie

Blend 1 cup watermelon slices in the blender, along with 1 tsp dates syrup. Add ice cubes if needed.

Banana chikku smoothie

Banana – 1 no

Chikku – 1no

Soy milk – 100ml

Raisins and almonds for garnishing.

Ice cubes optional

Blend all these ingredients in a blender. Garnish with nuts and raisins.

Green smoothie:

Bananas- 2 nos

Greens – 10 leaves

Water – 50 ml

Blend all these ingredients in a blender.
