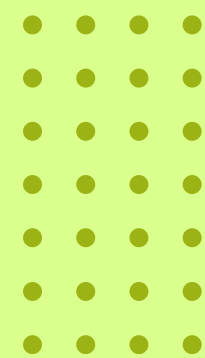




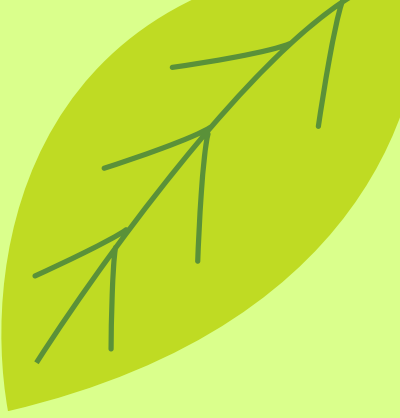
# HEALTHY LIVING WITH NUTRIENT-RICH FOOD

Embrace Wellness Through Healthy Food

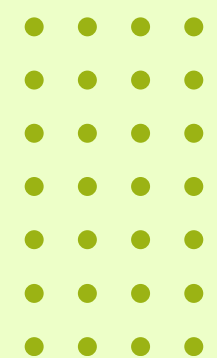


Presented by  
**Arnavi | 6<sup>th</sup> B**

**Global Scholar Community Cookbook**



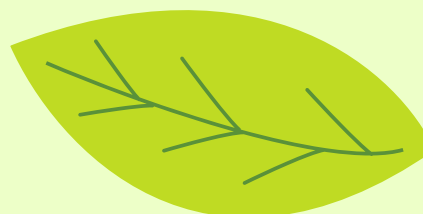




# TODAY'S SPECIAL:



## BESAN CHILLA



## DAL KHICHADI



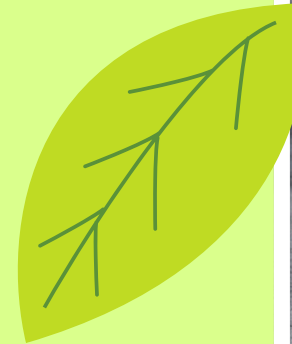




# BESAN CHILLA

## Ingredients:

- Besan (Gram flour)
- Tomato, onion
- Salt & spices
- Water, little oil



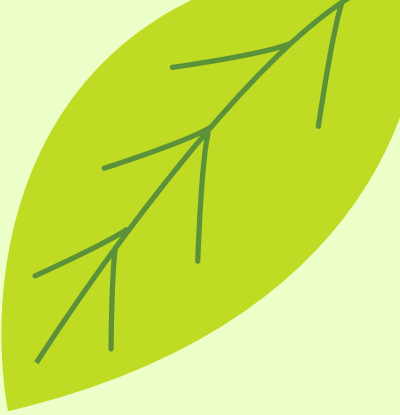
## How to Make:

- Mix all ingredients to make batter
- Pour on hot pan
- Cook both sides till golden





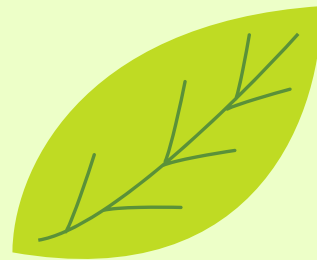
# BESAN CHILLA



## EATING RIGHT, EVERY DAY

### Nutritional Facts:

- High in protein
- Rich in fiber
- Contains iron



### Health Benefits:

- Builds muscles
- Improves digestion
- Keeps us full longer





# WIDE RANGE OF HEALTHY CHOICES

## BESAN CHILLA TOPPINGS

Our menu offers a variety of nutrient-rich options to suit every taste. From fresh leafy vegetable to roots, there's something for everyone.



### Leafy Vegetables

Spinach, Fenugreek, kale



### Root Vegetables

Carrot, Beetroot, Sweet  
Potato



### Bulb & Stem Vegetables

Onion, Cabbage,  
Cauliflower, Broccoli



### Other Vegetables

Capsicum, Greenpeas,  
beans



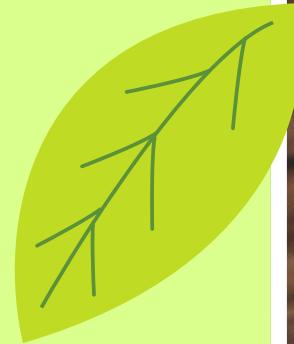




# DAL KHICHADI

## Ingredients:

- Rice
- Dal (lentils)
- Salt & turmeric
- Ghee (optional)
- Vegetables (optional)



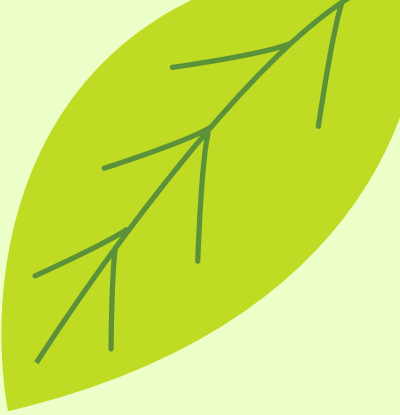
## How to Make:

- Wash rice and dal
- Cook together with water
- Add ghee and mix well





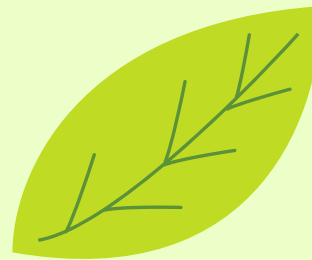
# DAL KHICHADI



## EATING RIGHT, EVERY DAY

### Nutritional Facts:

- Carbohydrates for energy
- Protein for growth
- Easy to digest



### Health Benefits:

- Gentle on stomach
- Good during illness
- Suitable for all ages





# WIDE RANGE OF HEALTHY CHOICES



## DAL KHICHADI TOPPINGS

Our menu offers a variety of nutrient-rich options to suit every taste. From fresh leafy vegetable to roots, there's something for everyone.



### Healthy Fats

Ghee, Butter



### Crunchy Toppings

Roasted Nuts, Papad pieces



### Fresh & Cooling

Curd, Coriander Leaves, Lemon Juice



### Flavor Enhancers

Jeera Tadka, Garlic Tadka, Pickle





# WHY THESE FOODS ARE HEALTHY

- Made from natural ingredients
- Rich in proteins, vitamins, and fiber
- No preservatives or junk ingredients
- Easy to digest
- Provide energy for study and play
- Suitable for all age groups
- Can be made fresh at home
- Support strong immunity and growth





# CONCLUSION

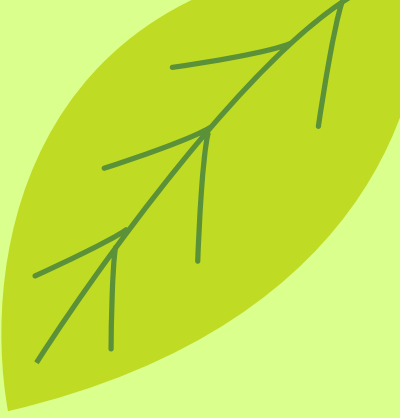
BESAN CHILLA & DAL KHICHADI ARE:

- ✓ Nutritious
- ✓ Tasty
- ✓ Healthy

Eat Healthy, Stay Strong! 🌱

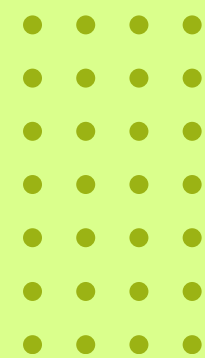






# THANK YOU..!!

Embrace Wellness Through Healthy Food



Presented by  
**Arnavi | 6<sup>th</sup> B**

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