

RECIPE	INGREDIENTS	PREPARATION
<p>Channa (Brown Chickpeas) Chaat Salad</p> <p>This is a filling and easy to prepare snack. If you don't have black chana, you can use chickpeas or black beans instead. You can eat just as with a squeeze of lemon or pair with a tablespoon of greek yogurt.</p> <p>Serves: 4</p>	<ul style="list-style-type: none"> • 150 gms boiled black channa • 1 large sized boiled and chopped potato • 1 large sized finely chopped tomato • 1 medium sized finely chopped onion • ½ tsp red chilly powder/paprika • Chaat masala to taste • Salt to taste • Lemon to taste • Coriander to garnish 	<ol style="list-style-type: none"> 1. Mix all the ingredients in a big salad bowl. Squeeze lemon on the top and add a little coriander as garnish. 2. Big protein packed salad is ready to eat.
<p>Chocolate and Peanut Butter Smoothie</p> <p>This is my favorite snack when I am running short of time. Raw Cacao is rich source of iron, one nutrient that breastfeeding mothers need in abundance.</p> <p>Serves: 1</p>	<ul style="list-style-type: none"> • 1 tablespoon raw cacao powder • 1 tablespoon natural peanut butter • 150 ml chilled milk of your choice • 1 tsp of honey 	<ol style="list-style-type: none"> 1. Add all ingredients to mixer and mix. 2. Yummy smoothie is ready!
<p>Blueberry Nicecream</p> <p>I love this cheat proof way of enjoying dessert and staying full on a busy day. My son loves this treat too. I usually make this for him when he is teething. Helps ease those swollen gums. If making for your infant below 1 year of age you can skip the honey, the blueberries and bananas itself lend a sweet taste to the icecream. In case you don't have blueberries, you can add strawberries, raspberries, mango, custard apple. Any fruit that can pair well with bananas.</p> <p>Serves: 2</p>	<ul style="list-style-type: none"> • 150 gms blueberries • 150 ml milk of your choice • 2 frozen bananas • 1 tsp honey • Garnish with toasted almond flakes 	<ol style="list-style-type: none"> 1. Add all ingredients to mixer and mix. 2. Serve in a bowl and add toasted almond flakes as garnish. 3. Blueberry nicecream is ready!