

VedaFoods

*Culinary Cuisine for the Sugar-Conscious*

# DELICIOUS AND HEALTHY AYURVEDIC CUISINE



By  
Dr. Jay Apte

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Every person is an individual and as such we recommend that everyone seek counsel from their own personal doctor before starting any exercise program, health regimen, or Food & Lifestyle program of any kind.



## About Dr. Jay Apte

Dr. Jay Apte is a highly educated, India-trained Ayurveda practitioner in Silicon Valley. She has an integrated degree in Allopathic and Ayurvedic Medicine from Pune University in India. Dr. Jay also has a Master's degree in biomedical sciences (Pharmacology) and has completed coursework for a Master's degree in nutritional sciences from the University of California at Berkley. Her sole focus is providing the very best Ayurvedic (holistic) health care, including Panchakarma treatments, by bridging Eastern wisdom and Western knowledge together. Dr. Jay is currently a board member of the National Ayurvedic Medical Association (NAMA) and a past president of the California Association of Ayurvedic Medicine (CAAM).

# About Veda Foods

Dr. Jay (Vaijayanti) Apte has been practicing Ayurvedic medicine for more than forty years. About three years ago, in one day, she saw three patients, all different ages and from different backgrounds, who had been diagnosed as diabetic.

All three patients asked her the same two questions:

- What can I eat every day to help control my blood-sugar levels and avoid spikes?, and
- Do you know of any packaged foods that you can recommend?

During her market research to answer the second question, she was shocked to find out that there were hardly any packaged food choices available for diabetics and pre-diabetics. She also did not find any aisles in the grocery stores marked “diabetic foods.” As a result, most diabetics today have to spend enormous amounts of time, energy, and money going through fifteen different aisles of a grocery store to collect the so-called “right foods” for them. Further research showed that diabetics are often confused with sometimes conflicting, or simply too much, advice on what they should eat and what they should not.

## Birth of VedaFoods

This got Dr. Jay thinking, and that’s when the idea of VedaFoods was born. With her background in Ayurvedic (Holistic), Allopathic (Modern or Western medicine), and nutritional science and her excellent culinary skills, she has created, after three years of efforts, VedaFoods to offer maximum convenience, ease of use, and most importantly, peace of mind for diabetics. Taking the best knowledge from the three sciences, she has created five-minute, one-pot recipes that offer the “right foods” with delicious taste to help control blood-sugar on a daily basis.

Veda Food’s new diabetic-friendly product line will eventually include products in three main categories, starting with Pilafs for Lunch and Dinner, and in the near future, Crepes for Breakfast and Snacks. Pilafs contain roasted grains, including Barley, Samo Rice, and Honey (recommended by Ayurveda 5,000 years ago). To offer a variety, she has created five different versions: Exotic Indian, Toscao Italiano, Zesty Mexican, Mandarin Chinese, and Tangy Thai. All varieties contain healing spices with medicinal properties for additional health benefits. We hope you will love all of them and use them on a daily basis for maximum benefits.

# Basics

## Spicy Oil

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Preparation time: 5 minutes

### Ingredients:

- 1 Cup Oil (Sunflower Oil/Vegetable Oil)
- 1 Tbsp Cumin Seeds
- 2 Tsp Asafetida (from Indian store)
- 1 Tbsp Mustard Seed
- 1 1/2 Tbsp Turmeric

### Directions:

Heat oil in a pan. Add 2-3 mustard seeds in oil while it is heating. They will start popping in oil while it is hot. Remove the pan from heat and add the remaining mustard seeds and cover the pot. After the seeds stop popping, add cumin seeds, asafetida and turmeric. Allow the oil to cool down for 5 minutes and then pour it in a thick glass jar or oil jar and store at room temperature. This is the basic step of many recipes, so keeping this spicy oil ready will save a lot of time.

# Condiments

## Cilantro Chutney

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Preparation time: 5 minutes, serves 4-5

### Ingredients:

- 1 Bunch Cilantro, washed and chopped
- 2 Tsp Natural Brown Sugar, Agave, or Coconut Syrup
- 1/2 Tsp Sea Salt
- 2 Cloves Garlic, chopped
- 1/8 Tsp Ginger, minced (optional)
- 1/2 Cup Coconut, fresh or frozen
- 2-3 Jalapeños sliced
- 1/2 Lime, juiced
- 2-4 Tbsp Water

### Directions:

Blend all of the ingredients in a blender to make a paste. It is an excellent dip, sandwich spread, or condiment.

# Apple Chutney

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Preparation time: *20 minutes, serves 4-5*

## Ingredients:

- 1 Granny Smith Apple, diced
- 1/2-1 Tsp Sea Salt
- 1 Tbsp Natural Brown Sugar, Agave, or Coconut Syrup
- 1/4-1/2 Tsp Chilli Powder
- 2-3 Tbsp Spicy Oil (See page)
- 1 Cup Shredded Dry Coconut

## Directions:

Mix all of the ingredients well. Use chutney as a condiment or as a sandwich spread.

# Salads

## Beet Salad

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Preparation time: *10 minutes, serves 4-5*

### *Ingredients:*

2 Beets, boiled and diced  
1/2 Lime, juiced  
2 Tsp of Cane Sugar, Agave, or Coconut Syrup  
1 Medium Red Onion, chopped  
1 Jalapeno, sliced into strips  
1 Tsp Sea Salt  
Fresh Cilantro sprig to garnish

### *Directions:*

Mix all of the ingredients and garnish with a sprig of cilantro.



# Cabbage Salad

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Preparation time: *5 minutes, serves 6-8*

## Ingredients:

1/4 Head Cabbage, shredded  
1 Tsp Lime Juice  
3-4 Tbsp Peanut Powder  
1 Tbsp Vegetable Oil, Sunflower Oil, or Sesame Oil  
1-2 Tbsp of Cane Sugar, Agave, or Coconut Syrup  
1/2-2 Tsp Sea Salt  
1 Jalapeño, sliced  
1/4 Tsp Mustard seeds  
1/8 Tsp Asafetida (from Indian store)  
1 Tbsp Cilantro to garnish

## Directions:

Heat oil in a pan. Remove the pan from the heat and add mustard seeds. After the seeds pop, add asafetida and jalapeño slices. Set aside. In a bowl, mix cabbage, sugar, salt, lime juice, and peanut powder thoroughly. Spoon the oil on the mixture.

Mix again. Garnish with cilantro.

# Carrot Yogurt Raita

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Preparation time: 5 minutes, serves 4-6

## Ingredients:

- 3-4 Carrots, grated
- 1 Cup Hormone-free, Plain Greek Yogurt
- 1 Tsp Sea Salt
- 1 jalapeño, sliced
- 1-1 1/2 Tbsp of Cane Sugar, Agave, or Coconut Syrup
- 1 Tbsp Cilantro, chopped
- 1/8 Tsp Asafetida (from Indian store)
- 1 Tbsp Cilantro to garnish

## Directions:

Place all of the ingredients in a serving bowl and mix just before serving.

# Cucumber Peanut Salad

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Preparation time: 5 minutes, serves 3-4

## Ingredients:

- 2 Cucumbers, peeled and chopped
- 2-3 Tbsp Peanut Powder
- 1 Tbsp of Cane Sugar, Agave, or Coconut Syrup
- 2 Tbsp Coconut, fresh or frozen
- 1/2-1 Tsp Sea Salt
- 1 jalapeño sliced
- 1/2 Lime or Lemon, juiced
- 1 Tbsp Cilantro, chopped

## Directions:

Mix all of the ingredients just before serving.

# Soups

## Avocado Soup

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Preparation time: 10 minutes, serves 4

### Ingredients:

1 Avocado, sliced	2 Tbsp Butter or Coconut Oil
1/4 Tsp Curry Powder	1 Cup Milk (Almond/Hemp/Oat)
2 Tbsp All-purpose flour	2 Tbsp Lemon Juice
3 Cups Water	Sea Salt to taste
1/4 Cup Red Onion, minced	Black Pepper to taste

### Directions:

Sauté onion in butter until soft. Add avocados and flour and stir for one minute.

Add water and then simmer the mixture for 15 minutes. Then add lemon juice, curry powder, salt, and pepper, and then pour the mixture in the blender. Puree the mixture until smooth, then add the milk. Serve hot or cold.

# Cucumber Spinach Soup

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Preparation time: *10 minutes, serves 4*

## *Ingredients:*

4 Cups Cucumber Cubes  
1 Bunch Green Onions, chopped  
1 Tbsp Butter or Coconut oil  
1 Tsp Sea Salt  
1/4 Cup Milk (Almond/Hemp/Oat)  
2 Cups Spinach, chopped  
1 Red Potato (small, diced)  
4 Cups Water  
1/2 Tsp Pepper to taste

## *Directions:*

Sauté chopped onion in butter until softened. Add all other ingredients except milk and simmer until potatoes are tender. Puree mixture in blender.

Pour into bowl and stir in milk. Serve hot.

# One Pot Recipes

## Chop Suey

Preparation time: 10 minutes, serves 2-3

### Ingredients:

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|---|---|
| 1 Cup Bean Sprouts                          | 1 Tbsp Ginger Root, minced                  |
| 1 Tbsp Green Onion, sliced                  | 2-3 Oz Fried Noodles or Kelp Noodles        |
| 4-5 Chinese Black Mushrooms, sliced         | 1/2 Tsp Corn Starch or Arrowroot Powder     |
| 1/8 Tsp Sea Salt                            | 1/4 Tsp Black Pepper                        |
| 1/4 Tsp Cane Sugar, Agave, or Coconut Syrup | 1 Tbsp Water, or Vegetable or Chicken Broth |
| 1/4 Tsp Sesame Oil or Coconut Oil           | 1 Tsp Rice Wine                             |
| 3 Tbsp Vegetable or Coconut Oil             |   |
| 1 Cup Bell Pepper, Sliced                   |   |

### Directions:

Heat vegetables in vegetable or coconut oil in a pan. Stir-fry green onions, bean sprouts, bell pepper, black mushrooms, and ginger until the vegetables are tender. In a bowl, mix water and corn starch or arrowroot powder to make a paste. Add the paste, salt, pepper, sugar, sesame oil, and rice wine to the vegetables and stir again. Prepare the rice noodles or kelp noodles according to the package instructions. Arrange rice noodles on a serving plate and top with the stir-fry vegetables.

# Tapioca Khichadi

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Preparation time: *10 minutes, serves 2-3*

## Ingredients:

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|---|--|
| 1 Cup Tapioca (from any Asian or Indian Market) | 2 Tbsp Ghee (Clarified Butter), Butter, or Coconut Oil |
| 2-3 Jalapeños, sliced                           | 1 Small Red Potatoes, grated                           |
| 1/2 Tsp Cumin Seeds                             | 1 Tsp of Cane Sugar, Agave, or Coconut Syrup           |
| 1 Tsp Sea Salt                                  | 1 Tbsp Cilantro to garnish                             |
| 1/2 Lime, juiced                                |  |
| 1/2 Cup Unroasted Peanuts                       |  |

## Directions:

Grind peanuts in a food processor for 2-3 minutes and make a coarse powder. Soak tapioca in a pot with 3 cups of water and drain. Leave it covered at room temperature for a couple of hours or overnight.

Heat ghee (clarified butter), butter, or coconut oil in a pan on medium heat. Add cumin seeds, jalapeño slices, and grated potato. Sauté for 3 - 5 minutes until potatoes get tender, and then reduce the heat.

Add tapioca and stir the mixture on medium heat until the color of tapioca changes from white to a transparent color. Add powdered peanuts and stir for 2 more minutes. Remove from heat, add salt, sugar, and lime juice and mix again. Garnish with cilantro and serve hot.

# Vegetable Dishes

## Mushroom Peas

Preparation time: 15 minutes, serves 5-6

### Ingredients:

10-12 Mushroom, sliced	1 Jalapeño , sliced
1 Tbsp Coconut Oil	10-12 Almonds/Cashews
1/2 Tsp Ginger Root, grated	1 Tbs Plain Yogurt, hormone-free plain or greek
2 Tbsp Cilantro, chopped	1/2 Tsp Turmeric Powder
1 Tsp Sea Salt	1 Cup Water, or Shicken or Vegetable Bsroth
2 Cup Peas, fresh or frozen	

### Directions:

Make a paste of sea salt, jalapeños, ginger, cashews or almonds, cilantro, and yogurt in 1/4 cup of water in a blender.

Heat oil in a pan and add turmeric. Sauté the paste for 1 minute. Stir in mushrooms, peas, and sea salt. Add 1 cup of water, or chicken or vegetable broth, cover and cook on medium heat for 8-10 minutes.



# Okra with Gravy

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Preparation time: 15 minutes, serves 3-4

## Ingredients:

- 2 Cups Okra, sliced 1/2 inch thick
- 2 Tbsp Butter or Coconut Oil
- 1 Tsp Red Chili Powder
- 1 Tsp Sea Salt
- 2 Tbsp Peanut Powder
- 1 Tsp Cumin Seeds
- 1 Tbsp Cane Sugar, Agave, or Coconut syrup
- 1 Tsp Lime or Lemon Juice
- 1 Cup of Water, or Chicken or Vegetable Broth

## Directions:

On medium heat, melt the butter or heat oil in a pan and add cumin seeds. Stir in okra and other ingredients. Add 1 cup of water, or chicken or vegetable broth, and simmer for 10 minutes. Serve with rice.

# Rice Dishes

## Mexican Rice

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Preparation time: *30 minutes, serves 3-4*

### Ingredients:

1 cup Basmati Rice  
2 Cloves Garlic, minced  
1 Tomato, chopped  
1 Tbsp Parsley, chopped  
1 Tsp Cumin Seeds  
2-3 Cups Warm Water  
2 Tbsp Tbsp Ghee (clarified butter) or butter or coconut oil  
1 Red Onion (medium, chopped)  
1 Small Bell Pepper, Chopped  
1 Tsp Chilli Powder  
Sea Salt and Black pepper to taste

### Directions:

Rinse rice. In a pot, sauté onion and garlic and oil. Add tomato, bell pepper, and parsley. Cook until vegetables are tender. Add rice, water, and spices. Stir, cook, and simmer on medium low heat until rice is cooked. (about 25-30 minutes).

# Biryani

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Preparation time: *30 minutes, serves 4-5*

## Ingredients:

1 Cup Basmati Rice  
1/4 Cup Cauliflower Flowerets  
1 Red Onion, sliced  
3-4 Cloves Garlic, minced  
4-5 Cloves (whole, not powder)  
10-12 Cardamom seeds (whole, not powder)  
1 Tsp Sea Salt  
2 Cups Water, boiling  
1/4 Green Beans, cut  
1/4 Cup Carrots, sliced  
3 Tbsp Ghee (clarified butter) or melted Butter or butter (melted) or coconut  
1/2 Tsp Ginger, grated  
4-5 Peppercorns (whole, not powder)  
1 Tbsp Cane Sugar, Agave, or Coconut Syrup  
1/2 Lime, juiced

## Directions:

Rinse rice. Heat 1 Tbsp Ghee (clarified butter) or butter or coconut oil in a pan. Add cloves, peppercorns, cardamom seeds, sea salt, and rice. Saute for 4-5 minutes. Add 2 cups of boiling water. Cook rice on medium heat and then keep aside.

Sauté onion in 2 Tbsp Ghee (set aside butter) or melted butter or coconut oil, and add vegetables, ginger, and garlic and cook the mixture for a few more minutes. Stir in cooked rice, lime juice, and 1 tbspcane sugar, agave, or coconut syrup. mix well and serve warm.

# Desserts

## Rice Kheer (Pudding)

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Preparation time: 30 minutes, serves 3-4

### Ingredients:

1/4 Cup Basmati Rice  
1/2 Cup Cane Sugar, Agave, or Coconut Syrup  
4 Cups Milk (Almond/Hemp/Oat), hot  
1/8 Tsp Cardamon powder  
1 Tbsp Almond slices  
1 Tbsp Ghee (clarified Butter) or Butter or Coconut Oil  
1/2 Tbsp Pistachio or Peanut Powder

### Directions:

Grind rice in a coffee grinder to make a coarse powder. Rinse the powder in water a couple of times, then drain the water. In a pot, sauté rice powder in ghee (clarified butter), or butter or coconut oil, for a couple of minutes until it becomes crunchy on medium heat. Stir in hot milk (almond, hemp, or oat), add slowly, and let it boil for a few minutes until rice granules are cooked and milk is reduced to 3 cups. Remove from heat. Stir in cane sugar, agave, or coconut syrup, and cardamon powder. Garnish with Almond slices. Serve hot.

# Sweet Potato Dessert

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Preparation time: *30 minutes, serves 2-3*

## Ingredients:

- 2 Sweet Potatoes, medium size
- 1/2 Cup Cane Sugar, Agave, or Coconut Syrup
- 1/8 Tsp Cardamon Powder
- 1 Tbsp Coconut (shredded, fresh or frozen)
- 1 Tbsp Almond slices
- 1 Tbsp Raisins

## Directions:

Wash sweet potatoes thoroughly and steam until soft. Cut into small pieces. Sprinkle with cane sugar, agave, or coconut syrup, coconut, cardamon powder, almonds, and raisins.