

# Flavors of Home

## Nutritious Recipes to start your day

Cook, share, and enjoy every bite.





# Nutritious Recipes to start your day

Traditional cooking is often pushed aside for convenience foods that are high in calories and low in nourishment. Yet, it is the simple, fresh, homemade meals that form the strongest foundation for long-term health.

This collection of quick and easy chilla and upma recipes has been thoughtfully designed using complex carbohydrates, fibre-rich ingredients, and balanced nutrients to support sustained energy, better digestion, hormonal balance, and overall well-being. These recipes celebrate Indian wisdom and nutrition science coming together, featuring ingredients that are humble, accessible, and powerful.

Each recipe is easy to prepare in a busy routine, aligned with the principles of sustainable health, promoting a stable metabolism, improved immunity, and long-term weight and lifestyle management.

This book is an invitation back to mindful eating, home-cooked meals, and a healthier relationship with food, one plate at a time.

*Dr Pooja Sharma*



# Oats & Vegetable Chila

A light, protein and fibre-rich savoury pancake that's gentle on digestion and great for breakfast or a quick lunch. Adding a little curd and besan balances texture and increases protein, perfect for someone who need steady energy. This chila is rich in soluble fibre from oats, which helps control blood sugar and improves gut health. Besan and curd boost plant & dairy protein, making this a balanced, sustained-energy meal that keeps you full for longer. The vegetables add antioxidants and beta-carotene for skin and eye health.

## Ingredients

- Oats – 1/2 cup
- Water – 1/2 cup + extra as needed
- Curd / Yogurt – 3–4 tbsp
- Chickpea flour / Besan – 1/4 cup
- Ginger, grated – 1/2 tsp
- Green chilli, finely chopped – 1–2
- Carrot, finely chopped – 2 tbsp
- Tomato, finely chopped – 2 tbsp
- Salt – 1/4 tsp or to taste
- Turmeric powder – 1/4 tsp
- Black pepper, crushed – 1/4 tsp
- Fresh coriander, chopped – 1 tbsp
- Oil for cooking – 1/2 tsp per chila



## Directions

- Soak oats in 1/2 cup water for 10 minutes, then grind to a coarse paste in a mixer.
- Transfer to a bowl. Add curd, besan, grated ginger, green chilli and a little water to make a thick pourable batter (consistency like pancake batter).
- Fold in carrot, tomato, salt, turmeric, black pepper and coriander. If batter is very thick, add 1–2 tbsp water. Stir well. Optionally add 1 tsp ground flaxseed for extra fibre.
- Heat a non-stick pan on medium. Brush or spray lightly with oil. Pour 2–3 tbsp batter for each chila and spread gently (slightly thicker than dosa). Cover and cook 2–3 minutes until edges set, flip and cook 1–2 minutes until golden.
- Serve warm with chutney or a side of curd.

## Dietitian Tips

- Ideal for people with PCOS, diabetes and weight management goals
- Add 1 tsp flaxseed or chia for omega-3 and better hormonal balance
- Pair with mint chutney or plain curd instead of ketchup

# Millet & Moong Pesarattu

A nutrient-dense dosa alternative, moong provides protein while millet add wholesome complex carbs. Great for glycemic control and gut health. Moong provides high-quality plant protein, while bajra adds iron, magnesium and slow-digesting carbs, supporting stable blood sugar levels. This is an excellent low-GI, gluten-free meal that supports gut health and sustained energy.

## Ingredients

- Pearl millet / Bajra – 1/2 cup
- Whole green moong (soaked) – 1 cup
- Spinach leaves – a handful
- Fresh coriander leaves – a handful
- Green chillies – 2
- Ginger – 1 tsp
- Salt – to taste
- Oil – 1 tsp per dosa
- Optional: grated carrot, beetroot or capsicum



## Directions

- Wash and soak moong and bajra for 4–5 hours or overnight. Drain.
- In a blender, grind soaked moong + bajra/oats with spinach, coriander, green chillies and ginger into a smooth but slightly coarse batter, using enough water to make a thick batter.
- Transfer to a bowl, season with salt and adjust water for spreading consistency (like dosa batter). Optionally refrigerate 30 min for easier spreading.
- Heat a well-seasoned cast-iron or non-stick tava over medium heat. Spread a ladleful in a circular motion, drizzle 1/2 tsp oil around edges. Sprinkle grated veggies on top if using.
- Cook until golden and crisp, flip briefly if needed. Serve hot with high-fibre chutney or sambar.

## Dietitian Tips

- Very beneficial for pre-diabetics and diabetics
- Add a squeeze of lemon to improve iron absorption
- Top with grated vegetables to increase volume and fibre

# Moong & Methi Chila

A classic Indian savoury pancake with fenugreek (methi) with slightly bitter notes that stimulate digestion and add micronutrients. Ideal for iron-friendly diets when paired with vitamin C (lemon/chutney). Methi leaves are rich in iron and insulin-sensitising compounds, while moong is gentle on the gut and packed with protein. This chila supports digestion, liver health and hormonal balance.

## Ingredients

- Whole moong (soaked) – 1 cup
- Green chillies – 3
- Ginger, chopped – 1/2 tsp
- Fresh methi leaves, roughly chopped – 1/2 cup
- Besan / Gram flour – 1 tbsp
- Salt – to taste
- Oil – for tadka and greasing
- Cumin seeds – 1/2 tsp
- Asafoetida / Hing – 2 pinches



## Directions

- Blend soaked moong, green chillies and ginger with 2–3 tbsp water into a smooth batter. Transfer to a bowl.
- Add methi leaves, besan and salt; mix. (Besan helps bind and improves browning.)
- For tadka: heat 1 tsp oil in a small pan, add cumin; when they crackle add hing and immediately pour over batter. Mix.
- Heat tava, grease lightly with 1/4 tsp oil. Pour a ladleful and spread gently (slightly thick like uttapam). Cook 2–3 minutes each side until golden, using 1/4 tsp oil per chila.
- Serve hot with pudina chutney or curd. Tip: squeeze lemon for extra vitamin C to aid iron absorption.

## Dietitian Tips

- Excellent for people with sluggish digestion and anaemia risk
- Always pair with vitamin-C foods (lemon/chutney) to boost iron absorption
- Can help reduce bloating when eaten warm

# Multigrain Chila

A fibre-packed, multigrain option combining millet and ragi flours, good for anyone wanting variety and sustained energy. Easy to customise with vegetables. This multigrain blend provides diverse minerals, calcium from ragi, iron from bajra, fibre from jowar and oats, supporting strong bones, sustained energy and better digestion.

## Ingredients

- Oats flour or Quinoa flour – 1 cup
- Pearl millet (Bajra) flour – 1/2 cup
- Jowar flour – 1/4 cup
- Ragi flour – 3 tbsp
- Rice flour – 1 tbsp
- Green chilli, finely chopped – 3
- Fresh coriander, chopped – 1/4 cup
- Curd / Yogurt – 1/2 cup
- Turmeric powder – 1/2 tsp
- Ginger paste – 1 tbsp
- Red chilli powder – 1/4 tsp
- Salt – to taste
- Oil – 1 tbsp for batter + for cooking



## Directions

- In a large bowl whisk all flours and salt. Add curd and ginger paste, coriander, green chillies, turmeric and red chilli powder. Add water little by little until batter reaches a smooth, flowing consistency (slightly thinner than pancake batter). Let it rest for 5–10 minutes.
- Heat non-stick tava, pour a ladleful and spread thin. Cook on medium until top looks set; drizzle 1/4 tsp oil and flip to brown both sides.
- Repeat and serve hot with chutney or curd.

## Dietitian Tips

- Excellent variety option for people bored of wheat-based meals
- Suitable for children, elders and women with calcium needs
- Add paneer/tofu stuffing for higher protein

# Moong Dal Chila

Simple, wholesome and high in protein, this moong dal chila makes an excellent post-exercise or diabetic-friendly meal when paired with vegetables. Moong dal is one of the easiest lentils to digest and is high in lean protein and B-complex vitamins. This recipe is great for muscle repair, post-workout recovery and hormonal balance.

## Ingredients

- Moong dal (split yellow or whole soaked) – 1 cup
- Green chilli – 1
- Ginger – 1 inch
- Cumin / Jeera – 1/2 tsp
- Turmeric powder – 1/4 tsp
- Fresh coriander – 1 tbsp
- Asafoetida / Hing – a pinch
- Salt – 1/2 tsp or to taste
- Water – 1–2 tbsp as needed
- Oil for roasting – 1 tsp per chila



## Directions

- Soak moong dal 3 hours (or use pre-soaked whole moong). Drain and blend with green chilli, ginger and cumin to a smooth paste, adding small amounts of water.
- Transfer to bowl, add turmeric, coriander, hing, salt and adjust batter with 2–3 tbsp water to a thick yet pourable consistency.
- Heat tava, pour ladleful, spread gently, drizzle 1/2 tsp oil, cover and cook 1–2 minutes, flip and cook until both sides golden.
- Serve with green chutney or curd.
- Tip: fold in finely chopped spinach or grated carrot into batter for extra veggies.

## Dietitian Tips

- Highly recommended for diabetes, PCOS and post-partum women
- Stuff with veggies or paneer to create a complete meal
- Add spinach to increase iron and folate

# Oats & Sprouts Pancake

A quick, protein-and-fibre rich pancake using moong sprouts and oats flour, kid-friendly, portable, and satiety-boosting. Adding roasted cumin and sesame gives a nice aroma and calcium boost. Sprouts increase enzyme activity and protein quality, while oats regulate cholesterol and blood sugar. Sesame seeds add natural calcium – making this recipe excellent for bones and hormones.

## Ingredients

- Oats flour – 1/4 cup
- Besan / Gram flour – 1 tbsp
- Moong sprouts – 1/4 cup
- Capsicum / Bell pepper, chopped – 1 tbsp
- Carrot, chopped – 1 tbsp
- Salt – to taste
- Cumin seeds (jeera) – 1 tsp
- Coriander powder – 1 tsp
- Black sesame seeds / til – 1 tsp
- Oil – 2 tsp



## Directions

- Lightly grind or mash moong sprouts to a coarse paste. In a bowl combine oats flour, besan, and enough water to make a smooth batter.
- Add sprout paste, capsicum, carrot, salt, cumin, coriander powder and sesame. Mix to a thick pancake batter. Let rest 5 minutes.
- Heat a non-stick pan, pour small spoonfuls and flatten slightly. Cook 1–2 minutes per side with 1/2 tsp oil until golden.
- Serve warm with curd or chutney.
- Suggestion: add a spoonful of hung curd on top for extra protein.

## Dietitian Tips

- Great as a school tiffin or office snack
- Helps in weight loss due to high satiety
- Can be made sweet with cinnamon + dates for kids (eggless pancake version)

# Quinoa Upma

A gluten-free twist on classic upma – quinoa gives a complete amino acid profile and makes this a filling, low-GI meal suited for weight management and diabetes-friendly plans. Quinoa is a complete protein containing all 9 essential amino acids and is gluten-free. It supports muscle, thyroid function and long-lasting satiety.

## Ingredients

- Quinoa – 1/2 cup ( rinsed well)
- Cooking oil – 1 tbsp
- Mustard seeds (rai) – 1/2 tsp
- Cumin seeds (jeera) – 1/2 tsp
- Moong dal / Chana dal – 1/2 tsp
- Urad dal – 1/2 tsp
- Ginger, finely chopped – 1/2 tsp
- Green chillies, finely chopped – 1 tsp
- Asafoetida / Hing – a pinch
- Curry leaves – 5-6
- Carrot, finely chopped – 1 tbsp
- French beans, finely chopped – 1 tbsp
- Green peas, boiled – 1 tbsp
- Salt – to taste
- Water – 1 cup
- Fresh coriander – to garnish



## Directions

- Rinse quinoa thoroughly and set aside. Heat oil in pan, add mustard seeds. When they crackle, add cumin, urad and moong/chana dal and sauté till golden.
- Add ginger, green chillies, hing and curry leaves; sauté 30 seconds. Add carrot, beans and peas; cook 2-3 minutes.
- Stir in quinoa, then add 1 cup water and salt. Cover and simmer on low 12-15 minutes until quinoa is cooked and water absorbed.
- Fluff with fork, garnish with coriander and serve hot.
- Tip: squeeze lemon for vitamin C.

## Dietitian Tips

- Excellent rice substitute for PCOS, diabetes and thyroid clients
- Add peanuts for healthy fats
- Works well as lunchbox or travel meal

# Oats Upma

A quick, high-fibre breakfast that's gentle on the stomach and excellent for busy mornings. Cashews/peanuts add healthy fats and satiety. Oats provide beta-glucan fibre, which helps lower cholesterol and keeps blood sugar stable. The dals and nuts increase protein, making this a perfectly balanced breakfast.

## Ingredients

- Quick-cooking oats – 1 cup
- Oil/Ghee – 1/2 tsp + 1-1.5 tbsp
- French beans, finely chopped – 1/4 cup
- Green peas – 1/4 cup
- Curry leaves – 7-8
- Mustard seeds – 1 tsp
- Cumin seeds – 1 tsp
- Chana dal – 1 tsp
- Urad dal – 1 tsp
- Cashews or peanuts – 4-5
- Ginger, finely chopped – 1/2 tsp
- Green chillies, chopped – 1-2
- Fresh coriander – 1 tbsp
- Water – 1.25 cups
- Salt – as required
- Lime – for finishing



## Directions

- Dry roast oats in 1/2 tsp oil on low for 1-2 minutes, stirring, until slightly crisp. Remove and set aside.
- In same pan heat 1-1.5 tbsp oil, add mustard and cumin, when they crackle add chana dal, urad dal and nuts, sauté till golden. Add ginger, green chillies and curry leaves and sauté 30 seconds.
- Add chopped beans and peas, cook 2 minutes. Pour 1.25 cups water, salt and bring to a simmer. Add roasted oats, stir, cover and cook on low 7-8 minutes.
- Garnish with coriander and a squeeze of lime. Serve immediately.

## Dietitian Tips

- Excellent heart-health recipe
- Add vegetables to increase volume and nutrient density
- Avoid overcooking to maintain texture

# Semolina Vegetable Cake

A savoury semolina “cake” – comforting and portable. Combining rava with besan and vegetables makes it protein-balanced and satisfying. Rava provides quick energy while besan offers protein balance. Vegetables and sesame seeds improve fibre and mineral content, making this a healthier version of a savoury cake.

## Ingredients

- Idli rava / Rice sooji – 1 cup
- Besan / Gram flour – 1/2 cup
- Mixed vegetables (finely chopped – cabbage, broccoli, capsicum, peas) – 1 cup total
- Fresh curd / Dahi – 1 tbsp
- Green chilli – 1
- Ginger paste – 1 tsp
- Lemon juice – 1 tsp
- Salt – to taste
- Water – as required to make batter
- Oil – 1 tbsp for roasting + extra for pan
- Mustard seeds – 1/2 tsp
- Curry leaves – a few
- Fresh coriander (hara dhanian) – 1 tbsp
- Sesame / Til seeds – 1 tsp



## Directions

- In a bowl combine rava, besan, curd, vegetables, green chilli, ginger paste, lemon juice and salt. Add enough water to make a thick batter (spreadable like a cake batter). Let it rest for 10 minutes so rava softens.
- Heat 1 tbsp oil in a non-stick pan, add mustard seeds, after they crackle add curry leaves and sesame, sauté briefly. Pour batter into the pan and spread evenly to form a thick cake (about 1.5–2 cm). Cover and cook on low for 8–10 minutes until base is set and golden.
- Carefully flip using a wide spatula (or invert onto a plate then slide back into pan) and cook other side 6–8 minutes until done. Cut into slices and serve hot with mint/pudina chutney or plain curd.

## Dietitian Tips

- Works well as a tea-time snack or travel food
- Add curd + lemon for probiotic + digestive benefits
- Can be baked as muffins for children

# Coconut Millet Porridge

A warm, comforting porridge made with foxtail millet and coconut milk. Naturally sweetened with jaggery and topped with nuts, it supports gentle digestion, steady energy and is family-friendly – great for thyroid support and gut health. Medium-chain fatty acids from coconut for quick energy. It is low-medium glycemic millet for steadier blood sugar, good fibre and plant-based micronutrients (iron, magnesium).

## Ingredients

- Foxtail millet / Little millet – ½ cup
- Light coconut milk (unsweetened) – 1 cup
- Water – 1 cup
- Jaggery powder – 1½–2 tbsp
- Grated fresh coconut (optional) – 1 tbsp
- Chopped almonds – 1 tbsp
- Chopped cashews – 1 tbsp
- Chia seeds (optional) – 1 tsp
- Cardamom powder – ¼ tsp
- Salt – A pinch
- Coconut oil or ghee – 1 tsp



## Directions

- Dry-roast the millet on low heat for 2–3 minutes until aromatic. Rinse well and soak for at least 30 minutes.
- In a pot, add the soaked millet, 1 cup water and a pinch of salt. Cook on medium heat until millet is soft and slightly mushy (about 12–15 minutes).
- Reduce heat to low, add coconut milk and stir continuously for 3–4 minutes so it blends and becomes creamy.
- Stir in jaggery powder and cardamom; mix until jaggery fully dissolves. Taste and adjust sweetness.
- In a small pan, heat coconut oil or ghee and lightly roast chopped almonds, cashews and chia seeds (if using) until fragrant and slightly golden.
- Remove from heat, sprinkle roasted nuts and grated coconut and serve hot.

## Dietitian Tips

- If looking for weight-management use light coconut milk, and limit jaggery to 1 tbsp.
- For kids: swap jaggery for mashed banana for natural sweetness.
- For extra protein: stir in 1 tbsp almond butter
- For postpartum boost, add 1 tsp edible gum (gond) powder while cooking.



# *Dr Pooja Sharma*

## **Your lifestyle and Weight Management Expert**

Dr. Pooja Sharma, PhD in Food & Nutrition, is a seasoned dietitian with over 20 years of experience in the field of health, nutrition, and lifestyle transformation.

In her early professional years, she worked with some of India's leading healthcare institutions and brands, including Apollo and AIMS Hospitals, where she gained deep clinical insight into the role of nutrition in disease management and recovery.

For the past 14 years, she has been running her own successful practice in Mumbai, helping clients achieve lasting health through practical, science-backed dietary changes. With patrons from around the world, her approach is centred around lifestyle correction, personalised diet planning, and realistic, sustainable solutions, with no fancy ingredients or extreme diets involved.

Her philosophy is simple: real food, consistent habits, and a plan tailored to your unique body, health condition, and fitness goals.

This ebook reflects her belief that transformation begins in the kitchen, and that the most powerful medicine is the food you choose every day.

**Highly  
sustainable  
personalised diet  
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