

# LIVING WATER THERAPY

## RECIPES RECIPES

The quantity of the ingredients is customized for a 70kg person. Kindly increase or decrease quantity of the ingredients according to age-wise calculation as instructed in the Video "Living Water Therapy"

### **RECIPE -1**

#### **Raw Sprouted Salad**

##### **Ingredients:**

- 100 gm Sprouted Moong Dal
- 150 gm Red Bell Pepper ,
- 150 gm Cucumber ,
- Lemon to taste,
- Raisins (3)
- 10 gm Coriander leaves

##### **Method:**

- Take red bell pepper and chop them finely.
- Take diced shaped cucumber, sprouted moong dal and add them in bell pepper.
- Then add chopped raisins and coriander in it and at last add lemon to taste and serve.

## RECIPE 2

### Pumpkin Salad

#### Ingredients:

- Yellow Pumpkin (50 gms after peeling),
- 100 gm Cucumber
- 50 gm Carrot ,
- 50 gm Tomato ,
- 50 gm Onion ,
- walnuts 2 (whole and soaked),
- lemon and coriander to taste

#### Method:

- Place grated yellow pumpkin, cucumber, carrot, and tomatoes in a bowl.
- Now add chopped onion, walnuts, coriander and lemon juice to taste.
- Mix well and serve.

## RECIPE 3

### **Broccoli Salad:**

#### **Ingredients:**

- 100 gm Cucumber,
- 50 gm tomato ,
- 150 gm Broccoli ,
- 20 gm capsicum ,
- 20 gm onion ,
- green chili and lemon to taste,
- 10 gm coriander

#### **Method:**

- Take all the chopped ingredients cucumber, tomatoes, broccoli, capsicum and onion..
- Mix all the ingredients together. Garnish with coriander, chili and lemon.

## RECIPE 4

### Stuffed Tomatoes:

#### Ingredients:

- 3-4 medium sized approx 190 gm Tomatoes
- 50 gm Moong Daal Sprouts,
- 100 gm Cucumber),
- 10 gm Coriander,
- Garlic (optional),
- Green Chili to taste

#### Method:

- Take tomatoes and take out the pulp. (This pulp can be used in any dip )
- Now take moong daal sprouts, coriander leaves, cloves of garlic (optional), cucumber and green chilli. Mix them well and stuff all the ingredients in tomatoes.
- The stuffed tomatoes are ready to serve.

## RECIPE 5:

### Creamy Beetroot Salad

#### Ingredients:

- 200 gm Beetroot, chopped
- 100 gm Carrot, chopped,
- 10 gm Green coriander to garnish,
- 25 gm Freshly grated coconut to garnish (optional),
- 10 gm cashew cream

#### Method:

- Take chopped beetroot in a bowl.
- Pour the cashew cream, carrot and grated coconut and mix well.
- Garnish with coriander leaves.

Note: You can take other veggies too of your choice for this salad.

## RECIPE 6:

### Sprouted Black Gram (Kala Chana) Salad

#### Ingredients:

- 100 gm sprouted Black Gram,
- 50 gm green and yellow bell pepper
- 100 gm tomato, sliced
- 50 gm cucumber, peeled and finely sliced
- 35 gm onion finely chopped
- Nuts (soaked) – 10 to 12 pieces (pistachios and raisins) approx 15 gm
- Lemon to taste

#### Method:

- Take all the ingredients in a bowl and mix well and add lemon to taste.

Note: Instead of black grams (kala chana), you can use sprouted moth, horse gram etc.

## RECIPE 7:

### Bottle Gourd Salad

#### Ingredients:

- 50 gm tomato,
- 200 gm bottle gourd
- 50 gm Moth dal sprouted
- 50 gm carrot chopped
- Coriander to garnish
- Lemon to taste
- Soaked Almond to garnish

#### Method:

- Take the bottle gourd in a bowl, and add tomatoes, moth and carrot.
- Mix them well and add coriander, lemon and almond and serve.

## RECIPE 8:

### Yellow Pumpkin Noodles with Walnut Salad

#### Ingredients:

- 200 yellow pumpkin, washed, peeled,
- 2 whole walnut soaked
- 100 gm chopped tomatoes soaked
- 50 gm chopped cucumber soaked
- Coriander leaves to garnish
- Lemon juice to taste

#### Method:

- Make noodles of yellow pumpkin with a vegetable noodle peeler, place in a bowl.
- Crush the walnut and mix them in noodles, tomatoes and cucumber.
- Now, sprinkle lemon juice and garnish with coriander in the noodles.
- Noodle salad is ready.

**Note:** Instead of yellow pumpkin, you can use bottle gourd, Zucchini, carrot etc. also and can relish with the cashew dip mentioned above or with any green raw chutney

## RECIPE 9

### Ash Gourd Salad

#### Ingredients:

- 150 gm Ashgourd-chopped and deseeded
- 100 gm tomatoes
- 100 cucumber / carrot - chopped
- 10 gm Coriander to garnish
- Lemon and garlic to taste
- 10 gm Soaked Almond to garnish
- 10 gm Cashew cream

#### Method:

- Take the chopped ash gourd, tomatoes and carrot/cucumber ..
- Mix them well and add coriander, lemon and almond. You can add a spoon of cashew dip to enhance the taste

## RECIPE 10

### **Kachumber Salad :**

#### **Ingredients**

- 150 gm Cucumber, peeled, finely chopped
- 100 gm tomato, finely chopped
- 2 tablespoon peanuts, roasted
- 100 small capsicum, finely chopped
- 50 gm onion, finely chopped
- Green chilli to taste, finely chopped
- Lemon juice to taste
- Salt to taste (optional, better skip it)
- Coriander to garnish, chopped

#### **Method**

- Mix all the ingredients together.
- The salad is ready to eat .