



COOKING RECIPES

Delicious and
Sustainable
Cooking
Recipes for
Nourish You
and the
Planet by
**Amritattava
Nutrition**



●●● www.amritattava.com ●●●



INTRODUCTION TO CASHEW APPLE POWDER



- In this introduction to Cashew Apple Powder, we will
- explore the veg meal and how it translate into delicious
- and nourishing meals only by addition of **Amritattava Nutrition Cashew Apple Powder**. If you just want to
- incorporate more healthy recipes into your diet, this
- guide will provide you with the knowledge and
- inspiration to get started.



Farm-fresh
Source



Precise
processing



Freshness
Packaged



Ready to
Sprinkle or add

- Our CAP packed with plant based **Calcium** and **fivefold Vitamin C**
- and **Fibre**. Making it an ideal addition to a variety of dishes.
- Enjoy the wholesome goodness and elevate your culinary
- creations with the our cashew apple powder.
-

BREAKFAST RECIPES

MUESLI



INGREDIENTS

- 1/4 cup oats
- 1/2 cup yogurt
- 1/2 cup milk
- 1 tsp sweetener (honey or maple syrup).
- 1 to 2 tbsp. dried fruits (optional)
- 1 -1/3 tbsp. Amritattava Nutrition Cashew Apple Powder (20gm)

- In a mixing bowl, take rolled oats, yogurt, milk, and sweetener (honey or maple syrup).
- Stir well to combine it.
- Cover the bowl and refrigerate overnight or for at least 4 hours. (To allow the oats to soften and absorb the flavors.)
- Before serving, give the muesli a good stir.
- Add **Amritattava Nutrition Cashew Apple Powder** and your choice of fresh fruits, nuts, seeds, or dried fruits as desired.
- Enjoy the creamy and nutritious cashew apple muesli for a wholesome breakfast or snack!

INSTRUCTIONS

MEAL RECIPES

DAL



INGREDIENTS

- 1 Cup of lentils
- 1/3 cup chopped onion
- 1/3 cup chopped tomato
- 1 Tbsp ginger-garlic paste
- 1/4 Tbsp cumin and 1/2 tbsp turmeric powder
- 2 to 3 Tbsp Oil /Ghee/Butter
- 1 to 2 pinches asafoetida powder
- Salt to taste
- 1 -1/3 tbsp Amritattava Nutrition Cashew Apple Powder (20gm)

INSTRUCTIONS

- Rinse the lentils thoroughly and place them in a saucepan with enough water to cover them. Bring to a boil, then reduce the heat and simmer until the lentils are soft and cooked through.
- In a separate pan, heat some oil/ghee over medium heat.
- Add the cumin seeds and let them sizzle for a few seconds.
- Add the chopped onion, sauté until the onions turn golden brown.
- Then add chopped tomato, ginger-garlic paste, and optional green chili to the pan.
- Stir in the turmeric powder and asafoetida mixing well to coat the onions and tomato.
- Pour this mixture into the cooked lentils, season with salt to taste,
- Simmer for a few more minutes to allow the flavors to melt together.
- Garnish with fresh cilantro and **Amritattava Nutrition Cashew Apple Powder**.
- *Serve the flavorful cashew apple dal hot with rice or naan bread.*

MEAL RECIPES

CURRY



INGREDIENTS

- 1 cup of coconut milk
- 1 cup of vegetable broth
- 1/4 cup chopped onion
- 1/2 tbsp ginger-garlic paste
- 1/4 tbsp ground cumin, ground coriander and curry powder
- Oil /Ghee/Butter
- Salt and pepper to taste
- 1-1/3 tbsp. Amritattava Nutrition Cashew Apple Powder (20gm)

INSTRUCTIONS

- Heat the vegetable oil in a large skillet or pot over medium heat. Add the chopped onion and ginger-garlic paste, and sauté until the onion becomes translucent and fragrant.
- Stir in the curry powder, ground cumin, and ground coriander, and cook for an additional minute to toast the spices.
- Add the coconut milk, and vegetable broth to the skillet, stirring well to combine.
- Bring the mixture to a simmer.
- Reduce the heat to low and let the curry simmer for about 15-20 minutes, allowing the flavors to meld together.
- Season with salt and pepper to taste.
- Garnish with the **Amritattava Nutrition Cashew Apple Powder** and fresh cilantro before serving.
- Serve the cashew apple powder curry over steamed rice or with naan bread for a delicious and aromatic meal.

SNACKS RECIPES

PIZZA



SANDWICH



INGREDIENTS

- Pizza base
- Tomato sauce and pizza sauce
- Mozzarella cheese
- Pizza Topping (As per choice)
- 1-1/3 tbsp. Amritattava Nutrition Cashew Apple Powder (20gm)

INSTRUCTIONS

- Preheat your oven according to the pizza dough instructions.
- Roll out the pizza dough into your desired shape and thickness.
- Spread a layer of tomato sauce or pizza sauce evenly over the dough.
- Sprinkle shredded mozzarella cheese.
- Add your preferred toppings.
- Bake the pizza in the preheated oven until the crust is golden
- Remove the pizza from the oven, let it cool slightly.
- Dust the pizza with **Amritattava Nutrition Cashew Apple Powder** on the the surface.
- Slice it into desired portions.
- Enjoy the unique flavors of the cashew apple powder-infused pizza as a delightful meal or snack

INGREDIENTS

- 2 slices of bread
- 1-2 slices of cheese
- Lettuce, tomato, cucumber, carrot slices and maize kernels (optional)
- Mayonnaise and butter
- Salt and pepper to taste
- 1-1/3 tbsp. Amritattava Nutrition Cashew Apple Powder (20gm)

INSTRUCTIONS

- Lay out the two slices of bread on a clean surface.
- Spread a thin layer of mayonnaise and butter on one side of bread.
- Layer the all vegetables evenly on one slice of bread.
- Place the cheese on top of the vegetable layer.
- Add lettuce and sprinkle with a pinch of salt and pepper,
- Sprinkle the **Amritattava Nutrition Cashew Apple Powder**.
- Place the other slice of bread on top to complete the sandwich.
- Enjoy the cashew apple powder sandwich.

◆ MISCELLANEOUS RECIPES ◆

COOKIES



INGREDIENTS

- 1/4 cup butter
- 4 tbsp granulated sugar
- 1/2 cup refined flour
- 1/4 tbs baking soda and Vanilla extract
- 1-1/3 tbsp Amrittattava Nutrition Cashew Apple Powder (20gm)

INSTRUCTIONS

- Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
- In a mixing bowl, cream together the softened butter and granulated sugar until light and fluffy.
- Add vanilla extract mix until well combined.
- Gradually add the all-purpose flour, baking soda and **Amrittattava Nutrition Cashew Apple Powder** mixing until a dough forms.
- Roll the dough into small balls and place them on the baking sheet. Flatten the ball slightly with the back of a fork.
- Bake in the preheated oven for about 12-15 minutes, or until the edges are lightly golden.
- Allow the cookies to cool. Enjoy these delicious cashew apple powder cookies

SMOOTHIE



INGREDIENTS

- 2 banana
- 1/2 cup milk
- 1/3 cup berries
- 1 to 2 tbsp honey (optional)
- 1-1/3 tbsp Amrittattava Nutrition Cashew Apple Powder (20gm)

INSTRUCTIONS

- Peel and slice the banana into chunks.
- Place the banana, frozen mixed berries, milk and honey (if using) into a blender.
- Blend on high speed until smooth and creamy.
- Add **Amrittattava Nutrition Cashew Apple Powder** and mix it well.
- Taste and adjust sweetness if desired by adding more honey or sweetener.
- Pour into glasses and serve immediately as refreshing and nutritious cashew apple powder smoothie.

SALAD



INGREDIENTS

- Cherry tomatoes
- Cucumber and avocado
- Lemon juice
- Olive oil and salt
- Pepper
- Feta cheese
- Toasted nuts or seeds
- 1-1/3 tbsp Amritattava Nutrition Cashew Apple Powder (20gm)

INSTRUCTIONS

- In a large salad bowl, combine the mixed salad greens, cherry tomatoes, cucumber and diced avocado.
- In a separate small bowl, whisk together the lemon juice, olive oil, salt, and pepper until well combined.
- Garnish with **Amritattava Nutrition Cashew Apple Powder** as topping.
- Drizzle the dressing over the salad and toss gently to coat the ingredients evenly.
- Taste and adjust the seasoning if needed. If desired, sprinkle crumbled feta cheese, toasted nuts, or seeds on top for added flavor and texture.
- Serve the cashew apple powder salad as a light and nutritious meal or a side dish alongside your favorite main course.



We take pride in being a women-led enterprise, empowering women to lead & innovate in the agricultural industry. We reduce waste by using the whole cashew apple to minimize environmental impact.

MISSION AND VISION

Amritattava Nutrition Private Limited aims to improve nutrition in India naturally by utilizing locally sourced, nutrient-rich fruit-based products. The company's objective is to make affordable home fortification widely available in the country to enhance health, reduce post-harvest loss, ensure food security, and create social impact through partnerships with Indian farmers.

OUR CONTACT

 8490087770

 www.amritattava.com

 info@amritattava.com
digimarket@amritattava.com

 C/O Jyoti Suman, H.N-G103, Alkhananda Apartment, Rampuri, Surya Nagar, Ghaziabad, UP 201011, INDIA



SUPPORTED BY

