



avatāra



Naivedhya (Holy Offering)**Makhan malai, popping mishri, panchamrita**

Food offered to a deity as worship with prayers during rituals.

Alpahara (Snacks)**Okra chili thecha, alu vadi, sol kadi**

When the appetite is slow or inactive, the digestive fire needs to be stocked, and these Maharashtrian side dishes literally acts as a stimulant by blending the katu (bitter), amla (sour), tikshna (pungent), lavana (salty) and madhur (sweet), making it a holistic and a balanced snacks.

Jadon (Roots)**Root chips, tempered chana mash, pomegranate chutney**

Root vegetables help us to stay grounded. It helps us heal, support and nurture the root chakra energies. Roots are also rich in phytonutrients.

Shikhalu (Corn)**Grilled babycorn, missi ghevar, corn and tomato shorba**

The olden Ayurvedic scriptures praise the healing potential of corn, in successfully battling hypertension or high blood pressure, averting cancer, treating depression and remedying liver disorders.

Karuvilvas (Bitter Gourd)**Ghee roast karela, mango sambhar gelato, dosai crisp**

"Bitter as Beautiful" is the best description of the gourd that according to its Sanskrit name "playfully adorns a vine". This vegetable is considered extremely beneficial in Ayurveda- a blood purifier and effective in regulating the metabolism of sugar.

Sandhita (Pickle)**Achari asparagus, panchphoran carrot, candied walnuts**

This recipe uses asparagus and carrot with pickle spice, which is a good source of fiber and minerals.

Grinjanah (Turnip)**Rajma gogji, amaranth katlam, apple chutney**

Turnips are loaded with fiber and vitamins, as well as minerals like manganese, potassium, magnesium, iron, calcium and copper. They are also a good source of phosphorus, omega-3 fatty acids and protein.

Panasa (Jackfruit)**Jackfruit momo, sea buckthorn thukpa, black rice crisp**

Jackfruit can be eaten as a nutritious snack it proves to be rich source of vitamin, minerals and complex carbohydrates.

Krishna phal (Passion Fruit)**Passion fruit, spiced guava water, strawberry chutney**

In India the blue passion flowers are called Krishnakamala. The five anthers represents the five Pandavas from the epic Mahabharata. The center represents Krishna, and the outer radial filaments represent the opposing hundred Kauravas.

Subhanjana (Drumstick)**Drumstick chokha, sattu kachori, potato mustard curry**

High on vitamin c and antioxidants, help to combat against common cold, flu and stave off several common infection.

Vrihi (Rice)**Tambda bhaat, parsnip rassa, black lime pickle**

Rice is one of the sacred grain in India, which is the oldest and common ingredients cooked around the world in different styles. A very distinctive crop which can be grown in two different seasons. Neutral in flavor and can be accompanied almost with everything.

Kṣīra (Kheer/pudding)**Coconut kheer, appam, aamras**

Indian epics are replete with humble reference to sweets. For example, Lord Lakshmi and Vishnu dwell in the Ksheer sagar (a celestial ocean of milk) that has given its name to the ever-present kheer.

Madhuram (Sweet)**Bal Mithai, chocolate rosette, buransh ras**

Sweetness gives us the ability to feel and give love in our lives. Sugar is a necessity to feed our brain and nervous system.

Parna (Betel Leaf)**Paan**

Betel leaves are used in many ayurvedic medicines as they have digestive, carminative and healing properties.