



Healthy Power Millet Pizza


Recipe Developer:
Ayurveda Dr. Sona V
(Rk's Ayur Life)

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How To Make

- For making this pizza, I used Barnyard millet.
- Soak it for a minimum of 4 hours, though more the better.
- After that grind into a fine paste.
- Thereafter, make pancakes with this batter.
- These pancakes will be the pizza base.
- You can make this pancake, a thicker one or a very thin one, if willing to have thin crust Pizza.
- Using this pancake as the pizza base, apply pumpkin sauce, sunflower seed sauce, panner and veggies and bake in the oven. Seriously, the taste is too good!



Step By Step Recipe

- Rinse Barnyard millet in water by changing water several times till you get clean water. Soak it for at least 4 hours.
- Once soaked well, drain all the water and grind it to a fine paste.
- Mix tapioca flour in this batter. Add salt.
- Tip: If you do not have tapioca flour, then grind Sago pearls (Sabudana) finely and use it.
- Make the batter of flowing consistency, just like the Dosa batter.
- Heat a skillet. Grease it lightly, pour a ladle full of the batter. Drizzle little ghee all around and cook on medium flame. One side remains white , but it's fine. It's not uncooked.
- After about a minute or so, flip it and cook it lightly from the other side too. Cook it very lightly as it will be getting cooked in the oven too.
- Once lightly cooked from both the sides, keep it on a wire rack.
- Cook all the pancakes like this.
- This pancake is to be used as the pizza base.
- So, preheat your oven at 200 degrees for 10 minutes.
- Take one pancake or say pizza base.
- Apply pumpkin sauce. Cook it in the oven for 8 to 10 minutes .



Preheat oven to 250 degrees for 10 minutes.



Take a pizza base, brush olive oil on it.



Spread pumpkin sauce and then little seeds sauce.



Add paneer & Veggies as topping.



Again, put little seed sauce here and there.



Put little olive oil all over.



Sprinkle some seeds, though optional.



Bake in the preheated oven in the middle rack for about 10 to 15 minutes till gets well cooked from the bottom as well as the top.

Homemade paneer recipe



- Heat 2 liters of milk in a sauce pan on medium flame. Keep stirring the milk, to ensure it does not stick to the bottom of the pan.
- Once the milk boils, put off the flame and allow the milk to cool down for 5 minutes.
- Mix juice of 2 lemons in 1/4 cup water. Now add this to the milk in 2-3 batches, while stirring the milk. (do not add all the lemon juice at one go)
- The milk will curdle, and we can see the greenish whey and the curdled milk clearly.
- Line a colander with muslin cloth or cheese cloth. (You may use a thin cotton kitchen towel if you do not have muslin cloth)
- Keep another vessel under the colander to collect the whey.
- Now pour the curdled milk over the muslin cloth lined colander.
- Gather the sides of the cloth and lift it. Do not discard the whey. Whey is very rich in protein.
- Now take another vessel with clean water. Dip the cloth with the paneer into it twice or thrice, to remove the traces of lemon from the paneer.
- To make paneer cubes, we need to keep the paneer under pressure for some time.
- For that, squeeze out as much whey as you can. Now flatten the paneer with your palms, while it is in the cloth. Keep a plate above and beneath this paneer cloth and keep some weight over the top plate.
- Leave the paneer under pressure for 30-35 minutes and not more than that. (The paneer will turn chewy and hard if you keep the paneer under pressure for long time)
- Soft paneer block is ready to use. You can cut it into desired size and shape and use in curries, snack, rice dishes, stir fries etc.

Pumpkin Sauce

- After cleaning and peeling pumpkin, cut it roughly into small pieces.
- Pressure cook it along with 1/4 cup water for 3 whistles.
- When cooled completely, puree it along with crushed garlic, salt, oil and seasonings.
- Pumpkin sauce is ready.

Seeds Sauce

- Soak seeds for 3 to 4 hours or overnight in about 1/2 cup water.
- Grind it along with water, salt and garlic cloves to a fine paste.
- Seeds sauce is ready.





PUMPKIN SAUCE

- 1/2 Kg Yellow Pumpkin
- 2 or 3 Cloves Of Garlic
- 1 Tbsp Olive Oil
- 1/2 tsp Salt
- Water required

SEEDS SAUCE

- 1/2 Cup Muskmelon or sunflower Seeds
- 2 Cloves Of Garlic
- 1 tsp Lemon Juice
- ½ tsp salt
- 1Tbsp maple syrup if needed
- Water as required

Nutritional Benefits of Barnyard Millet/ Sama Rice

- Rich in Thiamine
- Good source of Fibre and aids in easy digestion
- Rich in antioxidants

Sabudana/sago rice is basically the starch extract from tapioca roots. The extracted starch is processed to form spherical pearls of various sizes.

According to Ayurveda, sabudana has a cooling effect on the body, making it an ideal food for the summer. Sabudana is also a good source of carbohydrates and helps keep your energy level high.

Nutritional Benefits

Helps in maintaining
blood circulation and
controls blood
pressure

Helps to control
flatulence,
indigestion and
constipation

Aids in weight gain

Aids Muscle Growth

Aids Bone
Development

Regulate body
temperature

Aids in proper
functioning of the
cardiovascular system

Pumpkin Health Benefits

- Rich in immune boosting vitamins
- Fiber rich
- Prevents constipation
- Antibacterial properties & kill intestinal worms
- Rich in antioxidants that fight disease causing free radicals

Sunflower Seed Benefits

- Rich in good fat and fibre
- Good source of iron
- Have lot of vitamin E, Magnesium, Phosphorus, Zinc



Thank You!

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