

Healthy Power Millet Pizza

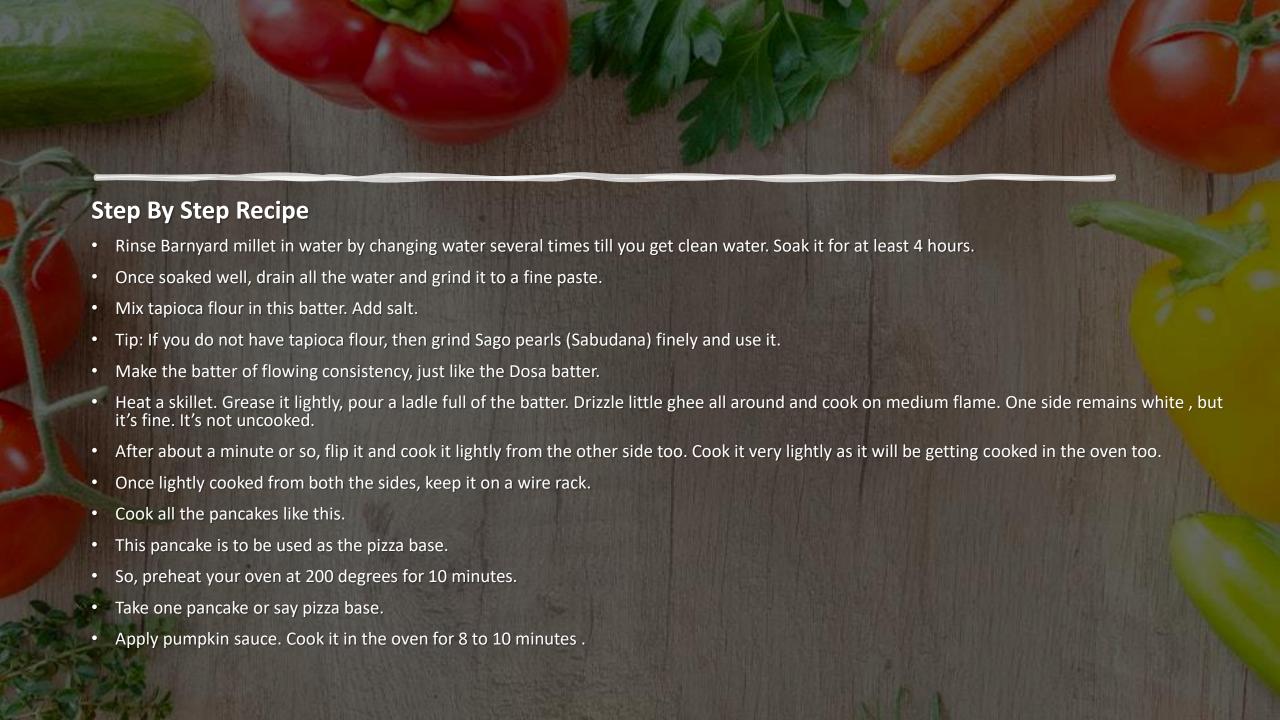
Recipe Developer: Ayurveda Dr. Sona V (Rk's Ayur Life)

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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!











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.







Sprinkle some seeds, though

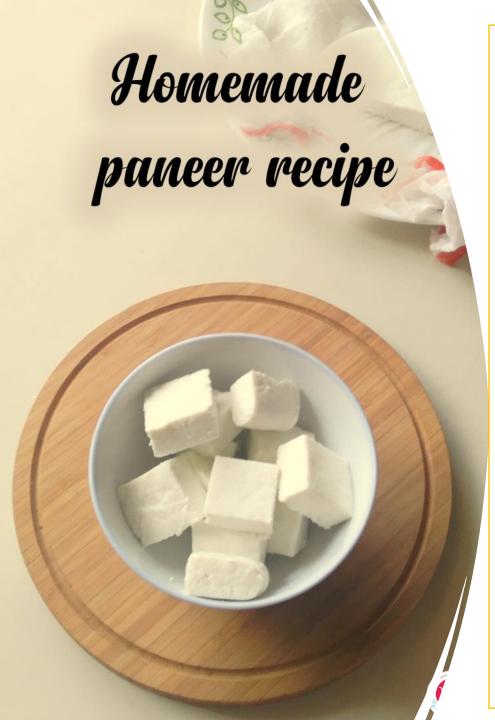
optional.



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.

Again, put little seed sauce here and there.

Put little olive oil all over.



- 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.





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

Aids Muscle Growth

Helps to control flatulence, indigestion and

constipation

Aids Bone **Development**

Aids in proper functioning of the cardiovascular system Aids in weight gain

Regulate body temperature

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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