



**Anugraha Naturals**  
A Not for Profit Initiative

**Natural Lokwan Wheat Products: No artificial additives, flavors or preservatives**

- Wheat procured directly from farmers practicing natural and chemical free farming
- Products are prepared using chemical free traditional processing techniques
- All proceeds go to for the Rehabilitation of Challenged Adults

## NATURAL WHEAT PRODUCTS



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**Wheat procured directly from farmers  
practicing natural and chemical free farming.**

Products prepared using chemical free traditional  
processing techniques:

**DALIYA**



**RAVA**



**DAL BAATI**



**SAPITH**



**Ingredients:** Whole Wheat

**Date of mfg:**

Use within one month. For longer shelf life please  
roast or refrigerate. Keep in a dry place.



SSAI NO. 21519160001478



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## **Daliya - (Broken Wheat) – Used to make nutritious one dish meals**

### **Recipe**

#### **Ingredients:**

**Serves: 2**

**Cooking Time: 20 minutes**

- Daliya 1 cup
- Cut Vegetables as per availability 2 cups (Cauliflower, Capsicum, Peas, Carrots, Beans)
- Chopped Onion 1 medium size, Ginger Garlic paste 1 Tbsp
- Oil 1 to 2 tbsp
- Cumin Seeds 1 Tsp, Garam Masala 1 Tsp, Turmeric ¼ Tsp, Chili Powder 1 Tsp, Salt
- Water 2 cups
- Salt as per taste

#### **Method**

- Wash Daliya 2 times and drain the water
- Heat oil in a pressure cooker, add cumin seeds, ginger and garlic.
- Add onion and saute till light golden
- All the chopped vegetables, daliya, spices and water. Stir Well
- Close the lid. Cook until 3 to 4 whistles. Switch off the flame and let it cool.
- Open and stir gently
- Garnish with chopped coriander and squeeze of lemon

Similarly make sweet Daliya using ghee, milk, dry fruits, sugar, and cardamom



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## **Rava (Semolina) – Used for your daily breakfast needs**

Used to make Upma, Sheera, Rava Idli

### **Recipe of Rava Idli – Courtesy Girija Venkataraman**

#### **Ingredients:**

**Serves: 2**

**Cooking Time: 20 minutes**

- Rava 1 cup
- Curd 1 cup
- Water 1 cup
- Chopped Vegetables ½ cup (Corn, Benas, Carrots, Peas as per availability)
- Mustard Seeds ½ tsp, Bengal Gram dal 1 tsp
- Ginger 1/2inch, Green Chillies 2 , Curry leaves 4 to 5
- Cashews 4 to5
- Oil 1 Tbsp
- ENO Fruit Salt or Baking Soda ½ tsp
- Salt as per taste

#### **Method**

- Take Rava in a big bowl and mix the curds. Give a nice mix and leave for 1/2hour. In this process the rava soaks the curd and swells into double quantity.
- Add the chopped veggies, salt and water. Add little water to make the batter. It should not be too thick nor too watery.
- Heat oil in a pan
- Add mustard seeds, finely chopped ginger, green chillies, Curry leaves and gram dal and cashews.
- When Dal turns reddish, turn off the flame and add it to the batter
- Now add the Eno fruit salt/cooking soda. Mix well.
- Grease the idli moulds
- Add a big spoon full of batter to each mould and steam the idlis as usual.





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## Dal Baati Flour

Recipe of Dal Baati – Courtesy Dr. Pratibha Kolte and Manjiri Kulkarni

**Serves: 2**

**Cooking Time: 30 minutes**

<p><b>For Baati : Ingredients:</b></p> <ul style="list-style-type: none"><li>• Dal Baati Flour – 2 cups</li><li>• Water – 1 cup, Ghee – 1 /2 cup</li><li>• Salt as per taste, Turmeric ¼ tsp</li><li>• Ajwain ¼ tsp</li></ul> <p><b>Method:</b></p> <ul style="list-style-type: none"><li>• Add salt, ajwain, turmeric and 1 Tsp ghee to the flour. Mix the ingredients together and pour water slowly to knead the dough. The dough should not be very soft or very hard.</li><li>• Make small flat balls from the dough</li><li>• Heat a pan, add 2 Tbsp ghee</li><li>• Place the balls (baati) in the pan</li><li>• Cover and let it cook for about 5 minutes or the base is reddish brown</li><li>• Flip over and cook again without cover</li><li>• Remove the Baatis from the pan</li></ul> <p><b>Tip:</b> The baatis can be made in the Appe Mould as well.</p> <ul style="list-style-type: none"><li>• Make Small balls, roll them flat.</li><li>• Fold it form a triangle</li><li>• Again fold it make a ball.</li><li>• This gives nice layers inside the baati.</li><li>• Apply some ghee on the ball and roast it in the appe moulds.</li></ul>	<p><b>For Dal: Ingredients:</b></p> <ul style="list-style-type: none"><li>• Mixed dal ( Take small amounts each of Tur, Chana, Black Urad, Green Moong dal) – 1 Cup</li><li>• Water 4 cups</li><li>• Turmeric Powder 1/4 tsp, Salt</li></ul> <p><b>Tempering</b></p> <ul style="list-style-type: none"><li>• Finely chopped Tomatoes – 2, Onions -1</li><li>• Chopped Garlic, Ginger, Chilli – 1 tsp each</li><li>• Cumin seeds, mustard seeds – 1tsp each</li><li>• Mustard Seeds ½ tsp, Garam masala - 1tsp</li><li>• Salt as per taste</li></ul> <p><b>Method:</b></p> <ul style="list-style-type: none"><li>• Heat oil in a pan on medium heat. Once hot, add mustard seeds and cumin seeds.</li><li>• Add chopped garlic, ginger and green chili and sauté for few seconds or till golden.</li><li>• Add chopped onion and sauté for few minutes</li><li>• Now add the tomatoes and cook for 2-3 minutes.</li><li>• Add the remaining spices</li><li>• Add the cooked dal to the pan now and mix. Add water to get a good consistency</li><li>• Let the dal simmer for 5 minutes and</li></ul>
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	then add fresh coriander leaves. <ul style="list-style-type: none"><li>• Sprinkle garam masala powder</li></ul>
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## Sapith – A healthy alternative to Maida for all your baking needs

Used for all types of baking cakes, cookies etc. Snacks like shankarpale, mathri, karanji etc.

<p><b>Recipe of Eggless Carrot Cake</b> – Courtesy Dr. Priya Lele</p> <p><b>Ingredients:</b> <b>Serves: 4    Cooking Time: 45 minutes</b></p> <ul style="list-style-type: none"><li>• Sapith – 1.5 cup</li><li>• Fine Sugar – 1 cup</li><li>• Baking Powder and Baking Soda 1tsp each</li><li>• Cinnamon powder 1 tsp</li><li>• Orange essence – 5 drops</li><li>• Orange peels – 1tsp</li><li>• Grated Carrot – 1 cup</li><li>• Oil – ¼ cup</li><li>• Vinegar 1 tsp</li><li>• Milk ¾ cup</li></ul> <p><b>Method:</b></p> <ul style="list-style-type: none"><li>• Sieve the flour, baking powder and soda together</li><li>• Add Sugar, Carrots, Essence, zest and Cinnamon powder to it.</li><li>• Add oil, vinegar</li><li>• Mix it well</li><li>• Slowly add milk and beat the batter to a good consistency for baking</li><li>• Preheat the oven at 250 degrees Centigrade</li><li>• Pour the batter in a greased baking dish and bake for 25 to 30 minutes</li></ul>	<p><b>Recipe of Shankarpale</b> – Courtesy Dr. Manisha RajeBhosale</p> <p><b>Ingredients:</b> <b>Serves: 4    Cooking Time: 45 minutes</b></p> <ul style="list-style-type: none"><li>• Sapith 2 cups</li><li>• Besan (Gram Flour) – 2 Tbsp</li><li>• Ginger Powder 1 tsp</li><li>• Cardamon Powder 1 tsp</li><li>• Jaggery – ½ cup</li><li>• Water – ½ cup</li><li>• Poppy seeds – 1 tbsp</li><li>• Oil or Ghee for frying</li></ul> <p><b>Method:</b></p> <ul style="list-style-type: none"><li>• Add Jaggery to the water and heat it slightly, just enough to melt the jaggery</li><li>• Mix all the ingredients together in a large bowl. Add the jaggery water slowly and knead a hard dough.</li><li>• Make small 2 inch diameter balls from the dough</li><li>• Roll each ball into a thick flat roti.</li><li>• Sprinkle few poppy seeds.</li><li>• Cut into small pieces typically squares or kite shaped.</li><li>• Heat oil or ghee in a wok.</li><li>• Fry the small pieces on low flame till they are nice golden brown.</li><li>• Let it cool. Enjoy the healthy snack.</li></ul>
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