

DAIRY

ALTERNATIVES



DR RUPA SHAH



circleOhealth

Dr Rupa Shah, Director, founded circleOhealth in December 2014. Her vision is to inspire all towards a whole foods and a plant based diet. She created circleOhealth to achieve this very vision.

circleOhealth is a complete resource platform to empower you to pursue a holistic lifestyle by yourself. As a resource, though still in its infant stage, the website features amazing recipes that will keep you engaged with us for a long time. Also, we will be updating it with new recipes regularly, along with tips and a calendar of upcoming events.

So stay inspired to adopt a disease free lifestyle and stay healthy.

Dr Rupa Shah



Dr Rupa A Shah is the Founder and Director of circleOhealth (Circle Of Health) that has been established in December 2014. She is an MBBS based in Mumbai and has been healing patients for the past 30+ years. She has also studied 'Lifestyle Medicine' from the Harvard Medical School, Boston, USA.

In Her Own Words:

In around 2009, I learned about whole foods & plant based diet and witnessed a few cases of diabetes being totally reversed after going on this diet. As a Jain myself, I am vegetarian by birth and I did enjoy dairy and all dairy products. I was inspired to give it up for 30 days to see what happened. To my surprise, I found myself feeling very light. All my aches and pains that I had experienced all these years in my body disappeared. At the time, I had been suffering from migraine headaches for 18 years, which often ended with vomiting. No more attacks of hyperacidity. All these symptoms disappeared totally. I lost some weight as well. Mentally, I felt very calm, peaceful and very clear in my thinking. And all this was in just 30 days! I was overwhelmed with these results!

Soon, I started extensive research about whole foods & plant based lifestyle and dairy. Through my research, I learnt that dairy is linked with many lifestyle diseases like type 2 diabetes, obesity, hypertension, high cholesterol, heart diseases, blood pressure, allergies etc.

Since the last 7 years, I have successfully enabled my patients to reverse many such diseases with wfpd and through personal counselling. The results have been very impressive.

Disclaimer: Do not be discouraged if the recipe quantities made by you, vary with the actual quantities in this book. The results are not absolute, and quantities and methods are bound to differ from person-to-person.

Editor:
Nandita Kapadia

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GOING DAIRY FREE FOR HEALTH

India has a tradition of consuming milk that goes back to 2000 BC. Milk is very much part of our daily cooking, during festivities, and is also offered as prasadam to deities in temples. There are many references of milk and milk products in the epic narratives of Ramayana, the Mahabharata and other sacred texts of India. History apart, consuming dairy milk and its various derivatives like curds, buttermilk, cheese etc has been ingrained in our everyday life and culture.

Going 100% dairy free vegetarian or on Whole Foods & Plant Based Diet (WFPD) though a relatively new concept in India, is steadily increasing in scope in the recent 4-5 years. It is very difficult to eliminate dairy from the diets of vegetarians, particularly Indians. However, over the years, dairy quality is deteriorating, as is the overall health of people.

Benefits Of WFPD

As part of healthy living, research has proved that one can expect to reverse lifestyle related diseases like:

- * Obesity
- * Diabetes
- * High Blood Pressure
- * Heart Diseases
- * Asthma
- * High Cholesterol
- * Autoimmune Disorders like rheumatoid arthritis and more.

Therefore, when we choose to give



up dairy, **it calls for a major change in our lifestyle and eating habits** and requires determination on the part of an individual to get going without any dairy products.

We find many vegetarian restaurants with a board saying 'Pure Veg', but all restaurants use dairy products in abundance, because in India, dairy is not considered non-veg (most believe that no animal is killed in the process of obtaining milk).

Milk derivatives like butter, curd, cheese, ghee, cream, mava, condensed milk etc are the usual dairy products we use in our daily life. Eliminating dairy is the first step towards better health, though it may not be easy for all. Also, there are amazing, yet easy-to-make wfpd recipes that you can make by yourself, as a beginner.

About This Book

The most common sources of dairy milk are cows and buffalos. However, when we use plant based milk, we have more than 12 milk varieties that can be made effortlessly at home and used to replace dairy in Indian cooking.

Making non-dairy milk options are comparatively more economically viable, tasty and nutritious at the same time.

It is crucial to learn about non-dairy milk and various other dairy

replacement products to get started. This booklet will provide the right information to enable you to integrate these non-dairy options easily in your daily living.

Wishing you all a healthy life!



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UTS & SEEDS MILKS

COCONUT MILK

Coconut milk is easy to make and very tasty. It is used in many recipes including sweets and dairy free milkshakes. Freshly prepared coconut milk is far better than canned or tetra packed coconut milk.

Ingredients

- ▶ Freshly Shredded Coconut (1 Cup)
- ▶ Warm Drinking Water (2 Cups)

Method

- ▶ Take 1 cup shredded coconut and $\frac{3}{4}$ cup of warm water. Blend for 2 minutes. Strain the thick coconut milk. This is the 1st extract. Keep this separate in a glass bottle.
- ▶ Add the coconut in the blender, add $\frac{3}{4}$ cup water and blend for 2 minutes. Strain this mixture. This is the 2nd extract, which is slightly thinner than the first one.
- ▶ Repeat the process one more time, taking $\frac{1}{2}$ cup water. The 3rd extract will be much thinner. The coconut milk is now ready for use.

Uses: Many sweet dishes, coconut curries, milk shakes, ice creams etc.

Nutritional Benefits

Coconut milk helps prevent heart disease, contains anti-inflammatory and anti-microbial properties, and promotes weight maintenance. While coconut water is a natural



No. of Servings: 2 Cups
Preparation Time: 10 minutes
Cooking Time: Not Required
Fridge Life: 12 Hrs to 3 Days



isotonic beverage filled with electrolytes, coconut meat is an excellent source of medium chain fatty acids, protein, fibres, vitamins and minerals.

Coconut milk in Indian market

There are many local companies manufacturing coconut milk that are available in stores across major cities in India. They can be used for cooking purposes with no added sugar or colour. You can purchase coconut milk and use in the following dishes:

- ▶ Curries
- ▶ Stews / Soups
- ▶ Drinks (Cocktails & Mocktails) Pina Colada
- ▶ Cakes
- ▶ Confectionery / Candies
- ▶ Cookies
- ▶ Desserts / Ice Cream

QUICK TIPS

- Coconut, though generally considered a nut or an oilseed, is a drupe. For the sake of convenience, we have featured coconut milk under the Nut category.
- Fridge Life: If you store longer than 12 hours, a fat layer comes up on the top and water separates. This can be kept for 3 days.

Sample Recipes Using Coconut Milk

SOL KADHI

This is a delicious drink and simple to make. Sol kadhi can be consumed as an appetizer, during meals with rice, or even as a digestive after meals. 'Sol' is known as kokum in Marathi, and is made from kokum and coconut milk, and is popular in coastal regions of Maharashtra and Goa. The tangy coolant is a delicious drink to have during the summer heat.

Ingredients

- ▶ Soaked Soft Kokum (10-12/ 5-6 hrs)
- ▶ Coconut Milk (2 Cups)
- ▶ Green Chilly (1/Chopped)
- ▶ Fresh Garlic Cloves (3)
- ▶ Coriander Leaves (3-4 Tbsp)
- ▶ Cumin Powder (1/2 Tsp /Jeera)
- ▶ Sea Salt To Taste

For Dry Roast Tempering

- ▶ Cumin Seeds(1/2 Tsp)
- ▶ Curry Leaves Or Kadi Patta(5-6)

Method

- ▶ After soaking, squeeze the kokum in water.
- ▶ Strain the water and throw away the kokum.
- ▶ Make a coarse crush of green chilli and garlic by adding a pinch of salt.
- ▶ In a bowl, mix coconut milk and kokum water.
- ▶ Add crushed masala and cumin powder.
- ▶ Add salt to taste and mix well.
- ▶ Heat a pan, add cumin seeds and crushed curry leaves. Dry roast both.
- ▶ Turn off the flame and pour the tempering on sol kadhi.
- ▶ Garnish with fresh green coriander leaves.
- ▶ Sol Kadhi can be served chilled or at room temperature. Both are very tasty.



No. of Servings: 2 Cups
Preparation Time: 30 Minutes
Cooking Time: 5 Minutes
Fridge Life: 12 Hours

FRUIT MILKSHAKES

Coconut milk makes for tasty fruit milkshakes, and can be made very quickly. Try the divine coconut milkshakes at least once and you will know that you can also replace regular milkshakes with this zestful option.

COCONUT MILK COFFEE (FOR COFFEE LOVERS)

A tempting recipe for coffee lovers! Try this chilled coffee recipe during steamy Mumbai summers or during family get-togethers and even for when friends hang out at home.

Ingredients

- ▶ Thick Coconut Milk (1 Cup)
- ▶ Coffee Powder (2 Tbsp)
- ▶ Kakvi Or Raw Sugar To Taste

Method

- ▶ Put all ingredients in a blender and mix until smooth in texture.
- ▶ Add coffee as desired.

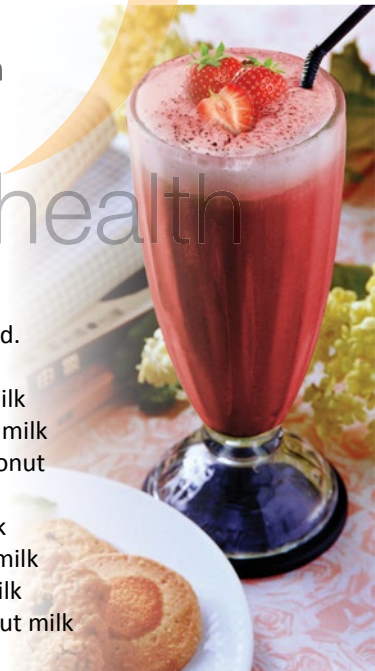
No. of Servings: 1 Cup
Preparation Time: 5 Minutes
Cooking Time: Not Required
Fridge Life: 12 Hours

Other Delectable Dishes With Coconut Milk

- ▶ Thai Curry
- ▶ Coconut Rice
- ▶ Coconut Curry

Quick Milkshake Ideas

- ▶ Banana (1) & ½ cup coconut milk. Blend.
- ▶ Strawberries (5) & ½ cup coconut milk
- ▶ Rose water (3 tbsp) & ½ cup coconut milk
- ▶ Mango pulp (4 tbsp) & ½ cup coconut milk
- ▶ Chocolate powder (1 tbsp), ½ cup coconut milk & 2 tbsp raw sugar
- ▶ Fennel (3 tbsp) crushed & coconut milk
- ▶ Chikoo pulp (4 tbsp) & ½ cup coconut milk
- ▶ Papaya (10 pieces) & ½ cup coconut milk
- ▶ Pineapple Juice (½ cup) & ½ cup coconut milk



ALMOND MILK

Almond milk can be made effortlessly and tastes heavenly. It can be used in many recipes including sweets and dairy free milkshakes. Freshly prepared almond milk is far better and cheaper than canned or tetra pack almond milk.

Ingredients

- ▶ Soaked Almonds (8 Hours/1 Cup)
- ▶ Fresh Drinking Water(2 Cups)

Method

- ▶ Rinse soaked almonds with fresh water thoroughly (peeling is optional).
- ▶ Add almonds and water in blender and blend at high speed. Almond milk is ready.

QUICK TIPS

- Soaking is helpful to release enzyme inhibitors and improve nutrient digestion/assimilation
- Throw away the water used to soak almonds, as all enzyme inhibitors are present in soaked water.
- Straining is optional. Generally, blending it well and very fine is preferable for making milk, thus there is no need to strain.
- Water may separate from the pulp. So shake each time before using it.



No. of Servings: 2-3 Cups
Preparation Time: 10 minutes
Cooking Time: Not Required
Fridge Life: 3 Days



Uses: Many sweet dishes, curries, milk shakes, ice creams etc. Also, we can use this milk to make Indian chai. Almond milk can be used for making phirni, carrot halva or any other sweet that needs dairy milk. It can be also used for making curd, thandai, rose milk, fennel mik etc.



CASHEW MILK

Making cashew milk is like child's play and can be quite an enjoyable option for a range of dishes. It is much more manageable to prepare than almond milk (peeled version) and beware, as it can be quite addictive too!

Ingredients

- ▶ Soaked Cashews (4 hours/ 1 Cup)
- ▶ Fresh Drinking Water (4 Cups)

Method

- ▶ Rinse the soaked cashews with fresh water thoroughly.
- ▶ Add cashews and water in blender and blend at high speed. The cashew milk is ready.

QUICK TIPS

- While making tea, always add cashew milk at the end of boiled tea preparation, to avoid the milk from curdling.
- Straining milk is optional
- Blending it very fine will be good for milk.
- Soaking is helpful to release enzyme inhibitors and improve nutrient digestion/assimilation
- Do not reuse the water used to soak cashews for milk, as all enzyme inhibitors present.

Uses: Many sweet dishes, tea, curries, milk shakes, ice creams etc. Also, cashew milk is a great thickener in soups and puddings.

No. of Servings: 4 Cups
Preparation Time: 10 minutes
Cooking Time: Not Required
Fridge Life: 3 Days

INDIAN CHAI

The country's favourite hot beverage, chai (Indian chai) can be sourced in almost every corner of any given area. We just love to add those aromatic herbs and roots in the water and let it simmer, until that magical aroma wafts through the room.

Ingredients

- ▶ Fresh Water (2.5 Cups)
- ▶ Black Tea Leaves (1 Tsp) Or 2 Black Tea Bags
- ▶ Cardamom Powder (1/4 Tsp)
- ▶ Clove (1 Whole)
- ▶ Cinnamon Stick (1/2 Inch Piece)
- ▶ Ginger (1/2 Inch Piece, Sliced)
- ▶ Peppercorns (2/ Crushed)
- ▶ Any Plant Based Milk (6 Tbsp / Soy Cashew, Almond Or In Combination Of Almonds & Cashews)
- ▶ Kakvi Or Molasses Or Jaggery Syrup (1-4 Tsp/ or Any Sweetener To Taste)



No. of Servings: 3 Cups
Preparation Time: Not Required
Cooking Time: 10 Minutes
Fridge Life: 1 Day

Method

- ▶ In a saucepan add water, tea leaves or tea bags, cardamom, cloves, peppercorns, cinnamon, ginger and bring it to a boil.
- ▶ Reduce the heat to medium and let it simmer for 3-6 minutes—the longer it boils, the stronger the chai.
- ▶ Add the cashew milk or any dairy free milk and turn off the heat.
- ▶ Strain it into a cup and stir in the sweetener.

The spicy masala chai is ready. The rich, creamy and tasty milk is sure to make you forget dairy milk chai! Enjoy with your favourite khakharas or cookies.

OTHER SEEDS' MILK HIGH ON CALCIUM

- ▶ Sesame Seeds (White & Black)
- ▶ Amaranth (Rajgira)
- ▶ Sunflower Seeds
- ▶ Watermelon Seeds
- ▶ Khus Khus (Poppy) Seeds

QUICK TIPS

- To make instant nut-milk anytime, soak nuts in large quantities, drain water and deep-freeze them. This way, they can be stored for a month.
- Always add the milk towards the end and make sure that you do not boil the tea further, else, the cashew milk may curdle, spoiling the tea.



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RAINS MILK

Very few people are aware that grains milk is a great nutritious alternative over dairy milk. Grain milk can be made from oats, spelt, rice, rye, einkorn wheat or quinoa. The alternative is very suitable for vegans as its low in saturated fat and contains no lactose. This way, it is beneficial for those who are lactose intolerant. Grain milk also lacks milk protein, making it appropriate for vegans and people with milk allergies.

RAW RICE MILK

This type of grain milk option is usually made from unpolished rice. Usually, rice milk contains more carbohydrates compared to cow's milk. Although it does not contain significant amounts of calcium or protein, rice milk also contains no cholesterol or lactose, which makes it a favourable milk option. It's also a good addition for peanut curds and is gluten free.

Ingredients

- ▶ Raw Unpolished Rice (1 Cup)
- ▶ Fresh Water (4 Cups)

Method

- ▶ Soak rice overnight in 2 cups of water.
- ▶ In the morning, drain and rinse the grain.
- ▶ Blend the soaked grain, with 2 cups of water in a food processor (or a strong blender).
- ▶ Strain it through a fine mesh cloth. Repeat the process. One could use more or less water for a thinner or creamier milk consistency.

QUICK TIPS

- Refrigerated, the rice milk will stay up to a week. Stir each time before you use it. Remember, this is raw rice milk. It needs to be cooked as part of any recipe preparation.



ALTERNATIVE RICE MILK (COOKED)

Cooked rice milk is good to use in baking dishes and also in the morning, as breakfast cereal.

Ingredients

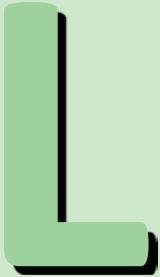
- ▶ Hot, Cooked Whole Rice (1 Cup)
- ▶ Hot Water (4 Cups)

Method

- ▶ Put ingredients in blender. Process until creamy.
- ▶ Strain. Solids which are leftover can be used in other recipes.
- ▶ Store rice milk in jar in fridge. Shake before using.



No. of Servings: 4 Cups
Preparation Time: 10 minutes
Cooking Time: Not Required
Fridge Life: 3 Days



LEGUME BASED MILK

Legume based milk is an excellent option for those who are lactose intolerant, and it is fast becoming a lifestyle choice for vegans and health enthusiasts as well. The group includes peanuts and soy, while some of the lesser known dairy options in this group includes lupin and peas.

PEANUT MILK

Peanut milk is very easy to make and tempting when combined with other milks. Usually, it is used for making curds. Peanut curd does not taste as tempting by itself, however, if combined with rice milk, it tastes better. You can make many items from peanut milk. This is the best dairy alternative for making curd, chaas, kadhi, raita etc. Always add salt and other spices to perk it up.

Ingredients

- ▶ Raw Peanuts (1 Cup)
- ▶ Fresh Water (4 Cups)

Method

- ▶ Wash and soak the raw peanuts for 8 hours in water. This should yield about 1.5 cups soaked peanuts.
- ▶ Pour out the water and rinse. Remove the thin outer skin of peanuts if desired.
- ▶ Put peanuts in a blender with 2 cups of water and blend till you get a smooth paste. This is the 1st extract.
- ▶ Strain the milk.

QUICK TIPS

- This milk when combined with rice milk, becomes very thick and is great for making curds.



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- ▶ Repeat the process and add 1 cup water to squeeze out maximum milk This is the 2nd extract.
- ▶ Repeat the stated process for the 3rd extract.
- ▶ Boil this milk for 8-10 minutes and stir regularly to prevent sticking to the pan. Cool.



No. of Servings: 4 cups
Preparation Time: 10 minutes
Cooking Time: 10 minutes
Fridge Life: 3 Days

SOY MILK

Soy milk contains the same amount of protein as cow's milk. Studies have proved that it can replace animal protein and other sources of dietary fibres, vitamins and minerals. Soy milk is a good source of protein. Unlike most plant-based proteins—which contain some, but not all of the amino acids that you need in your diet—soy contains all the essential amino acids. Drinking soy milk also helps boost the calcium and iron levels in your body.

Be Aware: Though research on soy and its effects on cancer and hormones are ongoing, there is no clear conclusion that states that soy is unhealthy or directly linked to cancer. Some research has stated that soy products, including soy milk, contain chemicals similar in structure to estrogen. Thus a diet rich in soy may pose as a health risk if you've recently had breast cancer.

Ingredients

- ▶ Soaked Soybeans (8 Hrs/ 1 Cup)
- ▶ Fresh Water (4 Cups)

Method

- ▶ Mix 1 cup of soaked soybeans with 4 cups water in the mixie.
- ▶ Blend till the soy milk texture is smooth in texture.
- ▶ Remove the soymilk from the solids by squeezing the mixture through a cheese cloth.
- ▶ Repeat the process 2 more times to extract maximum milk.
- ▶ Mix all the extracts together. Boil the milk over medium heat for 15 to 18 minutes.
- ▶ Stir often to prevent it from sticking to the pan. Also to prevent from getting frothy and spilling over. Cool and use.



No. of Servings: 4 cups
Preparation Time: 10 Minutes
Cooking Time: 18 Minutes
Fridge Life: 3 Days



Combination Milk Ideas

- ▶ Peanuts & Rice Milk ▶ Almonds & Rice Milk ▶ Cashews, Almonds & Rice Milk
- ▶ Coconut & Rice Milk ▶ Peanut, Sesame & Coconut Milk ▶ Peanut & Sesame Milk
- ▶ Cashew & Peanut Milk ▶ Coconut & Cashew Milk ▶ Coconut & Almond Milk ▶ Cashews & Almonds ▶ Cashews & Almonds ▶ Soy Milk & Cashew Milk

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ON-DAIRY BUTTERS

Non-dairy butters are easier to make than you think. They are delicious and wholesome to eat with chappatis, sandwiches and wraps. They can also be used to make cakes, pastries, biscuits and a range of desserts that you want to make at home.

Types Of Butters:

- ▶ Peanut Butter
- ▶ Almond Butter
- ▶ Cashew Butter
- ▶ Sesame Butter
- ▶ Coconut Butter
- ▶ Combination Butter



PEANUT BUTTER

A delectable and quick recipe that you can make at very short notice, peanut butter is ideal for working mothers, families, single parents and students as well. Feel free and get creative by using different ingredients like garlic or chilli powder to spice it up as a variation, and see which one you like best.

Ingredients

- ▶ Roasted Peanuts (Pealed Or Unpealed/ 100 gm)



No. of Servings: 6-7 Tbsp
Preparation Time: 7 Minutes
Cooking Time: Not Required
Fridge Life: 2 Months

Method

- ▶ Put the peanuts in the chutney grinder up to a height of 1 inch.
- ▶ First, grind the peanuts till it becomes powder.
- ▶ Continue to grind until it turns to butter. This happens when oil is released from the peanuts' powder. Grind it till it is very smooth.
- ▶ Store it in a glass jar.

QUICK TIPS

- You can get ready roasted & salted peanuts in any local grocery shop.
- While making any type of butter, no water should be used at any stage to make it thinner, as that will reduce the shelf life of the butter.

ALMOND BUTTER

For all you vegan foodies, this is one butter recipe that you will love and is surprisingly easy to make.

Ingredients

- ▶ Raw Almonds (100 gms) Or Roasted Almonds
- ▶ Rock Salt (A pinch/ Optional)

Method

- ▶ Pour the almonds in the chutney grinder up to a height of 1 inch.
- ▶ Grind the almonds to powder form.
- ▶ Continue to grind until it turns to butter. This happens when oil is released from the almond powder. Grind it till it is very smooth. It can take a few minutes to reach this stage. Raw almonds take a little longer. Freshly roasted almonds release oil faster.
- ▶ Preferably store in a glass jar.



No. of Servings: 6-7 Tbsp
Preparation Time: 7 Minutes
Cooking Time: Not Required
Fridge Life: 2 Months

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ON-DAIRY
CURDS

Curds contain healthy probiotics bacteria that are good for our guts. Therefore, daily use of curd is beneficial for health. Many Indian dishes need curds for the process of fermentation. Groundnut milk yoghurt is cheaper, while almond milk yoghurt is expensive, but both have different uses. Curd can be used as replacement of dairy curd in Gujarati favourites like dhokla, handvo etc.

QUICK TIPS

- For culture, you may use 1 Tbsp dairy curd for the first time
- This curd is not so tasty. Most people cannot eat it alone. Therefore, you need to use salt and spices to flavour it.

PEANUT CURD

Peanut curd has been developed and popularized by Dr Rupa Shah across India and is a great way to enjoy curds at home. Peanut curd has a slight cheesy consistency and has a strong peanut flavour. For those who do not like peanut flavour, can add rice milk or almond milk to the peanut milk while preparing curds.

Ingredients

- ▶ Thick Peanut Milk (1/2 Lt)
- ▶ Culture 1 Tbsp

Method

- ▶ Put lukewarm peanut milk in a vessel.
- ▶ Add 1 tbspn of dairy curd culture to the peanut milk. You set curds as you do for dairy curds. Initially, you may get thin curd, but later, it will become thick like regular curd.



No. of Servings: 3-4 Cups
Preparation Time: 2 Minutes
Setting Time: 8 Hours
Fridge Life: 1 Week

PEANUTS & RICE MILK COMBO CURD

Usually, the peanuts & rice curd is more effortless to set for first timers. The flavour is more neutral and it's a more popular choice among many plant based lifestyle followers.

Ingredients

- ▶ Soaked Raw Whole Rice (8 Hrs/ ½ Cup)
- ▶ Soaked Raw Peanuts (8 Hrs/ ½ Cup)
- ▶ Fresh Water (4 Cups)

Method

- ▶ In this recipe, you will make both the milks separately.
- ▶ Boil peanut milk on slow flame for 8 minutes.
- ▶ Gradually add rice milk, one spoonful at a time and stir gently each time. Boil this for about 8 minutes.
- ▶ Let it cool to lukewarm level. Now it is ready for adding the culture.
- ▶ Add about 1 tbsp of curd, which will be enough for this. Leave it outside and covered for 8 hours.



No. of Servings: 4-5 Cups
Preparation Time: 2 Minutes
Cooking Time: 8 Hours
Shelf Life: 1 Week



QUICK TIPS

- Use less water to make the milk thicker.
- Always throw away the water used for soaking the seeds
- You can also try soaked poha/kurmura and blend to use that as thickening agent for curd.

Dairy Free Curd Ideas

You can use this curd in following ways:

- ▶ Gujarati Kadhi or Rajasthani Kadhi ▶ Raita (many types) ▶ Chaas: Add salt & crushed cumin seeds ▶ Make paneer from this curd by hanging curd in muslin cloth. ▶ Make Dahi Rice (Also known as famous South Indian Curd rice) ▶ Add veggies like dahi bhindi (lady's fingers), aloo (potato), baigan (brinjal) ▶ With Moong beans and other sprouts ▶ Dahi Chaat (curd with onions, tomatoes, potatoes and some Indian spices) ▶ Dahi Vada/ Dahi Idli ▶ Curd Dips ▶ Add to pancakes like Panki ▶ Misti Doi Or Sweet Curd ▶ Tadka Yoghurt ▶ Add to Dhoklas, Handvo, Muthia, Upma & Theplas

PEANUT-RICE YOGHURT BUTTER MILK

A great option for those who love curds and curd derivatives, peanut-rice buttermilk is just as refreshing and enticing on a sweaty summer day.

Method

- ▶ Add water (according to the required consistency) to the groundnut-rice combo yoghurt. Churn well.
- ▶ Add salt, roasted cumin seeds powder.
- ▶ Garnish with coriander leaves.

ALMOND, CASHEW & RICE MILK COMBO CURD

This is the same method as peanut-rice combo curd. A great alternative for those who do not prefer peanuts or their flavour in their meals.

Other Curd Ideas

- ▶ Soy Milk Curd
- ▶ Almond Milk Curd
- ▶ Cashew Curd
- ▶ Almonds & Cashew Curd
- ▶ Almonds & Rice Milk Combo Curd
- ▶ Coconut Milk Curd

QUICK TIPS

- The time to set dairy free curd varies according to the climate. It takes about 8 hours in hot climate and 12 to 15 hours in cold climate, for the curd to be ready.
- For next batch, use culture from this curd. Initial few batches may be a bit watery. But after 4-5 times, you get thicker curd from the same culture.
- Store about 5 tbsps of curd in the freezer in case you are out of town for future use.





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DESSERTS

RICE COCONUT PAYASAM (KHEER)

This coconut milk option is much more smoother to make than it seems. Surprise everyone with this recipe and watch eyebrows go up when you reveal this dairy free secret!

Ingredients

- ▶ Soaked Unpolished Rice (2 Hrs/ 125 Gms)
- ▶ Fresh Water (3/4 Lt)
- ▶ Coconut Milk (Thick/3 Cups)
- ▶ Grated Coconut (2 Tbsp)
- ▶ Jaggery (150 Gms)
- ▶ Cardamom Powder (1/2 Tsp)
- ▶ Unsweetened Almond Milk Or Soy Milk (½ Cup)
- ▶ Chopped Nuts For Decoration



No. of Servings: 6 Cups
Preparation Time: 15 Minutes
Cooking Time: 30 minutes
Fridge Life: 3 Days

**Method**

- ▶ Put soaked rice in mixer with half cup water. Ground rice should be as coarse as suji and not be a paste.
- ▶ While grinding, add grated coconut to rice.
- ▶ Add 3/4 litre of fresh water to the ground rice.
- ▶ Place it in a vessel and cook on a slow flame, stirring constantly to prevent lumps. Keep it for about half an hour or till the rice is cooked.

- ▶ Add jaggery after the rice is cooked and is of porridge consistency. Turn off the flame.
- ▶ Add coconut milk, cardamom and almond milk.
- ▶ Stir well for uniform mixture.
- ▶ Add a few chopped nuts for decoration, if desired.

SHRIKHAND

Those with a sweet-tooth will be delighted to know that you can make dairy free shrikhand as well.

Ingredients

- ▶ Soaked Almonds (8 Hrs/ 1/2 Cup)
- ▶ Soaked Cashews (8 Hrs/ 1/2 Cup)
- ▶ Soaked Whole Rice (8 Hrs/ 1/2 Cup)
- ▶ Dairy Free Curd (1 Tbsp)
- ▶ Sugar(As Per Taste)
- ▶ Cardamom Powder(1/4 Tsp)
- ▶ Kesari Strands, A Few



Method

- ▶ Make each of these milks separately.
- ▶ Mix almond & cashew milk. Boil on low flame, stirring it often.
- ▶ Slowly add raw rice milk, one spoonful at a time and stir often. After about 15 minutes, the thick milk will be ready.
- ▶ Let it cool until it is luke warm.
- ▶ Add yoghurt as a culture and the curd will be ready in 8 hours.
- ▶ Tie this curd in a muslin cloth for a few hours till all the water is drained and to extract thick pulp for shrikhand.
- ▶ To this pulp, add raw sugar.
- ▶ Add cardamom powder and saffron as per your taste.

No. of Servings: 1 Cup
Preparation Time: 8 Hours
Cooking Time: 15 Minutes
Fridge Life: 3 Days

PIYUSH

This is a creamy summer cooler made by combining curds or alternatively buttermilk with shrikhand. A great filling recipe that is very popular in Maharashtrian and Gujarati cuisines.

Ingredients

- ▶ Shrikhand (1 Cup)
- ▶ Chilled Buttermilk (1.5 Cups)
- ▶ Chilled Almond Milk (1/2 Cup)
- ▶ Palm Or Raw Sugar (1/4 Cup)



- ▶ Cardamom Powder (1/4 Tsp)
- ▶ Saffron (Few Strands)



Method

- ▶ Add sugar, shrikhand, milk, buttermilk, and cardamom powder to a blender.
- ▶ Blend for about 2 minutes.
- ▶ Serve chilled.

COCONUT MILK DESSERT

A delightful dish for those who have a sweet-tooth or for that occasional sugar craving and love the flavour of coconut. This is a great Indian dairy free dish. However, those with diabetes cannot have this, because of its high sugar content.

Ingredients

- ▶ Coconut Milk (1.5 Cups)
- ▶ Soy Milk Or Use Almond Milk (1.5 Cups)
- ▶ Raw Unprocessed Sugar Or Organic Chemical Free Jaggery Powder (¾ Cup)
- ▶ Agar-Agar Powder (2 Tsps Or 1 Small Piece Agar-Agar Stick)
- ▶ Cardamom Crushed (¼ Tsp)
- ▶ Coconut Shredded (¼ Cup)

- ▶ Crushed Or Finely Chopped Pistachios (Approx 20 Nos)
- ▶ Saffron (Pinch/ Crushed)

Method

- ▶ Boil coconut milk, soy milk or almond milk, shredded coconut, pistachios, and sugar over medium high heat. Let milk boil for about 7-8 minutes, stir occasionally.
- ▶ Separately, mix agar-agar, saffron, and cardamom powder with ¼ cup of lukewarm water making sure agar-agar is dissolved.
- ▶ Add the agar-agar mixture to the milk and mix it well, let it boil for 3-4 minutes. Stir occasionally otherwise agar-agar can become lumpy. Turn off the heat.

QUICK TIPS

- Use fresh coconut milk
- Use good quality agar-agar

- ▶ Pour it into either flat dish or molds, while it is still hot.
- ▶ The preparation will set as it cools.
- ▶ Place in fridge for 2-3 hours to make it firmer.
- ▶ When ready, cut into pieces and serve. Serve cool.

No. of Servings: 3 Small Plates

Preparation Time: 10 Minutes

Cooking Time: 20 minutes

Fridge Life: 3 Days



C

CHEESE & PANEER

If you love cheese and paneer, you will love this range of delightful alternative cheese and paneer options for you. Now you can make the same at home yourself! It's very simple, try it. Moreover, the dairy free cheese and paneer options are very healthy and nutritious too.

QUICK TIPS

- With tofu, you can make tofu paratha or tofu cutlets.



TOFU (SOYA PANEER)

For paneer lovers, tofu is a very good option as it's packed with nutrition, light and tasty too. The good news is that tofu is also very easy to make at home.

Ingredients

- ▶ Soy Milk (1 Lt)
- ▶ Dairy Free Yoghurt Or Culture (7 Tbsps) Or 3 Tbsps Lime Juice

Method

- ▶ Boil soy milk for 20 minutes.
- ▶ Add 1 cup of soy yoghurt or lime juice to the milk, and let it continue to boil.
- ▶ Tofu will be separated from the milk. Strain it.
- ▶ To this strained tofu, put weight on the top for 30 minutes to compress it so that it becomes firm. Cut into pieces.

No. of Servings: 2 Cups
Preparation Time: 1 Hour
Cooking Time: 20 minutes
Freeze Life: 1 Week

CASHEW CHEESE

This is very tasty dip-like consistency. It is spreadable cheese that your family will love. You can get creative and make a variety of flavours like chilly, garlic and pepper. The cashew cheese contains all the goodness of the cashews, and if combined with a healthy well rounded plant based diet, you are never in danger of putting on weight.

Ingredients

- ▶ Cashews (2 Cups/ Soaked 6-8 Hours & Drained)
- ▶ Fresh Water (1 Cup)
- ▶ Red Bell Peppers (1/2 Cup/ Diced)
- ▶ Green Onions (2 Tbsp, Diced)
- ▶ Fresh Coriander Leaves Or Basil Or Parsley (2 Tbsp/ Minced)
- ▶ Black Pepper (1/4 Tsp)
- ▶ Garlic (1 Tsp, Minced)
- ▶ Sea Salt (1/2-1 Tsp)
- ▶ Lime Juice (1 Tbsp)



No. of Servings: 2 Cups
Preparation Time: 8 Hours
Cooking Time: Not Required
Fridge Life: 5 Days

Method 1

- ▶ In a blender, combine the water (start with $\frac{1}{4}$, but add more if needed) with the cashews. Blend until very smooth.
- ▶ Place in a jar or bowl, covered in a clean towel and let sit in a warm place overnight. This will allow fermentation of cheese and it will give good, sour taste. This is basic cashew cheese.
- ▶ Transfer the cashew cheese to a mixing bowl and stir in the remaining ingredients to make it spicy.



KITCHEN REPLACEMENT CHART

Here is a daily reference chart to keep you going healthy. For instance, avoid the ingredients or foods in red, and go for the corresponding options marked in green. Soon, you will cultivate habits to replace the unhealthy foods with healthier alternatives.

Animal Milk

Soy, Rice, Almond, Peanut are very healthy plant-based milks

Dried Fruits, Dates, Raisins, Apricots, Jaggery, Raw Or Unrefined Sugar

Sugar

Tea & Coffee

Homemade Herbal Teas Or Readymade Herbal Teas; Coffee With Soy Milk Or Coconut Milk

Dalias—Wheat, Barley, Maize, Millets, Rolled Oats

Readymade cereals

Paneer

Tofu (Soy Paneer), Peanut Milk Paneer

Soya, Peanut Milk Or Other Plant Based Yoghurt

Curds/ Yoghurt

Buttermilk

Made From Dairy Free Curd

Meat

Soy Nuggets & Flakes, Tofu, Beans, Readymade Meat Replacers

Whole (Unpolished) Rice

Rice

Flour (Maida)

Atta Or Whole Wheat Flour

Himalayan Salt, Rock Salt Or Sea Salt

Salt

Fried Foods

Baked, Tandoori Or Roasted Alternatives

Fruit Juice, Lime Juice, Fruit Smoothies

Soft Drinks

Ice Cream

Frozen Fruit Ice Creams, Ice Cream Made From Dairy Free Milk

Oil Free Salad Dressings And Chutneys

Salad Dressings

Canned Foods

Fresh Alternatives When Possible

Dark Chocolates, Cocoa Powder

Chocolates

Sweetmeats / Indian Sweets

Sweets without Refined Sugar, Sweets Made Of Dry Fruits, Jaggery, Chikki

10 STEPS

TO TURNING TO PLANT BASED DIETS

So you have decided to turn to a plant based lifestyle. Congratulations! Whole foods & plant based diet (WFPD), is more than just a diet, it a healthier way of life. And following a plant based foods is easier to follow than you think! Here are some simple steps to keep in mind to enable you along the way:

1 Remember, you are not alone in your journey towards health. This way, you will connect with people who can share their experiences and help you along the way.

2 There are many interesting reference books and informative sites available on the web such as circleofhealth.com to help you.

3 You will need a complete check up done before you change your diet. It will be your baseline to mark your progress from that point onwards. This way, you will know what to expect.

4 It is wise to consult a wfpd expert or a doctor with your medical reports before you commence on a diet. He/ She will guide & orient you across a spectrum of factors to help you through.

5 Keep in mind that over-consumption of any single ingredient is not healthy. Ensure that your diet and lifestyle is balanced with the help of an expert/guide.





10

Expand Your Horizons

9

Make Healthy Substitutes

Be A Wise Shopper

8

Pre-Plan Your Meals

7

A Relaxed Journey

6

6

With wfpd, it's not about dieting or about quantities. Wfpd is delicious and the journey is fun! Enjoy your meals!

7

If you are out all day or travelling, this ensures that you have adequate stock ready. This prevents you from depending on wrong foods.

8

Learn to shop wisely. Check the ingredients section of packages that you are buying to be more aware.

9

Making smarter food substitutes is the road to choosing wisely.

10

You will be surprised to know that you have an abundance of vegetables, fruits & greens around you. These can provide you with more than sufficient nutrition than you will ever need.

Notes:



circle health



Dairy Alternatives by Dr Rupa Shah

After years of healing people with plant based foods, Dr Rupa Shah, Director, circleOhealth, realized that most people in India are not aware of the healthier milk alternatives that they can source around them or even make at home effortlessly. She has authored this book to inspire you to follow a whole plant based food and move towards a holistic lifestyle and heal yourself from lifestyle diseases.

DID YOU KNOW?

- That there are around 12 types of milk that you can make?
- The healthiest milks are sourced from nuts and seeds?
- That you can make dairy free curds at home?
- That if you give up dairy, you can expect to be cured of: diabetes, high blood pressure, heart diseases, obesity, asthma and autoimmune disorders like rheumatoid arthritis and many more health related complications!

HIGHLIGHTS

This is your ultimate **Starter's Kit**, which is loaded to the brim with the right tools to get started on a dairy free diet! Here is what the book contains:

- **21 delectable DIY dairy free recipes**
- **A Special Section on dairy free curds & butters to delight you**
- **Handy tips to help you through with the recipes**

Dairy Alternatives is YOUR Starter's Kit to become a smarter, wiser dairy free master of your kitchen and your health. Try these 21 amazing recipes for the next 21 days and watch your health take a positive turn!

circle health



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