



**LIVMCT<sup>®</sup>**  
**Culinary Contest** 

**Recipe**   
**Book**

————— **Pediatric** —————



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# Pre Face

The **LivMCT<sup>®</sup>** Culinary Contest celebrates the fusion of science and creativity in nutrition. This recipe book is a collection of innovative dishes crafted by dietitians who combined their expertise and passion to create meals that heal, nourish, and delight.

Each recipe is thoughtfully designed to meet the dietary needs of individuals with specific medical conditions while showcasing the versatility of **LivMCT<sup>®</sup>** our key ingredient. These dishes highlight how nutrition can be therapeutic without sacrificing flavor, offering enhanced energy, improved metabolism, and better health outcomes.

More than just recipes, this collection reflects a commitment to patient care and the power of food as medicine. From nutrient-rich breakfasts to indulgent desserts, these recipes balance taste, nutrition, and functionality.

We hope this book inspires you to see food as more than sustenance a tool to transform lives, one meal at a time.



Warm regards,  
**LivMCT<sup>®</sup>** Team



## Makhana Bhel



### Clinical Significance of the Recipe:

- High in Protein & Fiber
- Rich in Calcium hence helps in bone development
- Calorie dense snack

### Age Group of the Patients:

- 2 years and above

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Makhana	30	104	22.8	2.9	3
2.	Coriander	5	2	-	-	-
3.	Dates	10	29	6.8	0.25	-
4.	Peanuts	10	52	1.7	2.3	3.9
5.	Chana (Dry)	10	29	3.9	1.8	0.5
6.	Chana (Boiled)	20	29	3.9	1.8	0.5
7.	Sev	50	-	-	-	-
8.	LivMCT	20	140	4.6	0.94	14.2

### Steps-

1. In a bowl, add makhana, roasted peanuts, dry chana, coriander chutney, dates chutney chaat masala and LivMCT Powder.
2. Mix well and top it with sev.
3. Your quick, calorie dense snack is ready which is high in Protein.

### Serving Size: 1

### Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe

Calories	Carbs	Protein	Fats
385	43.7	9.99	22.1

## Biscuit Bhakri with Masala Hummus



### Clinical Significance of the Recipe:

- Cereal – pulse combination with high Protein
- Nutrition and healthy as prepared with Whole wheat flour and very little oil unlike normal biscuits.
- Incorporate with healthy fats like sesame seeds, olive oil.

### Age Group of the Patients:

- 14 years and above.

### Application and Recommended Usage of the Recipe:

- Oncologic Specific
- Pediatric recipe
- Patients with neurological disorders

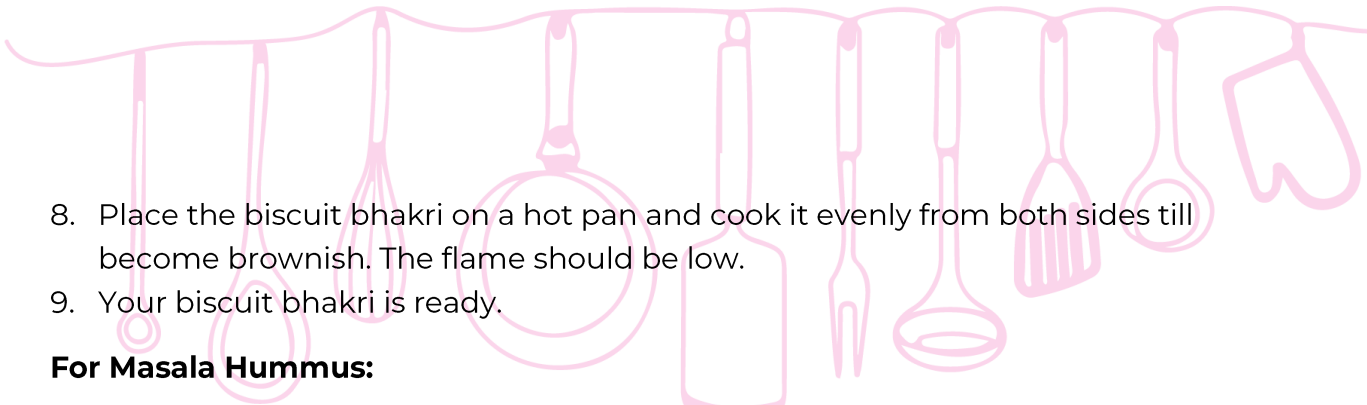
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Wheat Flour	45	150	31.5	3.7	0.7
2.	Semolina	15	50	10.5	1.2	0.2
3.	Oil	10	90	-	-	10
4.	Crushed Jeera	10	-	-	-	-
<b>For Hummus:</b>						
1.	Chickpea (Soaked)	60	200	34	14	1
2.	Sesame Seeds	30	200	17	7	12
3.	Olive Oil	15	124	-	-	14
4.	Garlic	5	-	-	-	-
5.	LivMCT Powder	20	140	4.6	0.94	14.2

### Steps-

#### For Biscuit Bhakri:

1. Take  $\frac{1}{2}$  cup of wheat flour approximately 45 Grams with  $\frac{1}{4}$  cup Semolina in a mixing bowl.
2. Add little crushed jeera and 2 Tablespoon oil, salt and water.
3. Knead into a stiff dough.
4. Now take a small portion and roll it into a round biscuit.
5. The biscuit should be a little thick.
6. The biscuit should be a little thick.
7. Poke the biscuit with a fork.

- 
8. Place the biscuit bhakri on a hot pan and cook it evenly from both sides till become brownish. The flame should be low.
  9. Your biscuit bhakri is ready.

#### **For Masala Hummus:**

1. Take 1 cup-soaked chickpea and boil them till soft in enough water.
2. In a blender add chickpea, roasted white sesame seeds, 9-10 garlic cloves, 1 tablespoon lemon juice, 1 tablespoon olive oil, salt, 1 tablespoon chili powder and chickpea water.
3. Blend it until becomes smooth.
4. Add 20 gms of LivMCT powder and mix it well.
5. Drizzle some olive oil while serving with biscuit bhakri.
6. Your masala hummus is ready!

**Serving Size:** 2-3 biscuits

**No of Servings per day:** 1-2

#### **Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
954	97.6	26.84	52.1

## Apple Mousse



### Clinical Significance of the Recipe:

- High in Protein
- Reduce the risk of non-communicable disease
- High in Anti-oxidants.

### Age Group of the Patients:

- 4-14 years

### Application and Recommended Usage of the Recipe:

- Pediatric Recipe

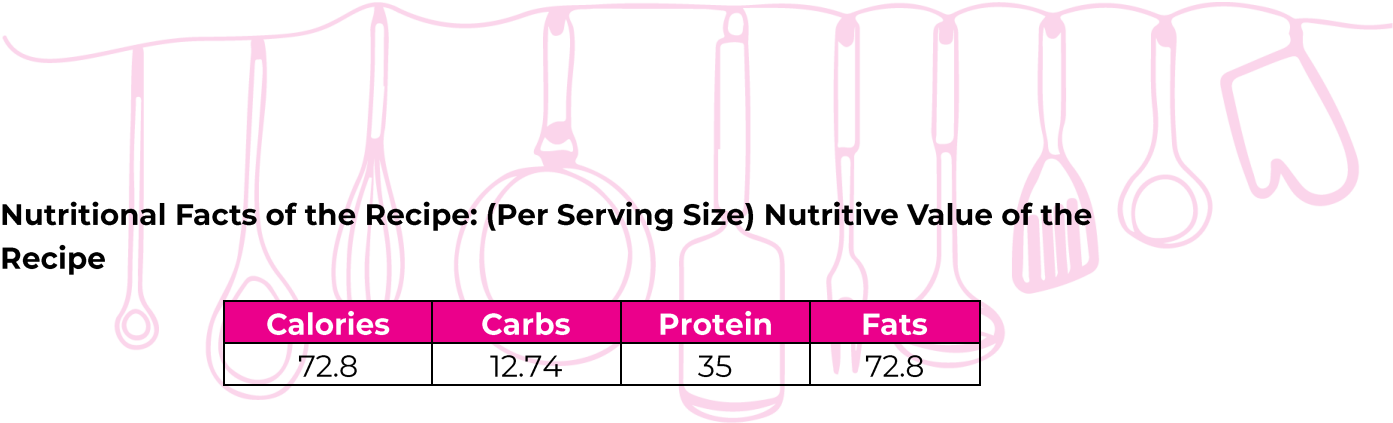
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Apple	200	118	26.8	0.4	1
2.	Dark Chocolate	50	264	30.1	2.3	16
3.	Cottage Cheese	60	48	2.5	7.7	1.3
4.	Blueberry	20	11	2.9	0.2	0.1
5.	Cashew Nuts	5	30	1.1	1.1	2.4
6.	Honey	5	15	4.1	-	-
7.	Cherry	5	3	0.7	0.1	-
8.	LivMCT Powder	20	140	4.6	0.94	14.2

### Steps-

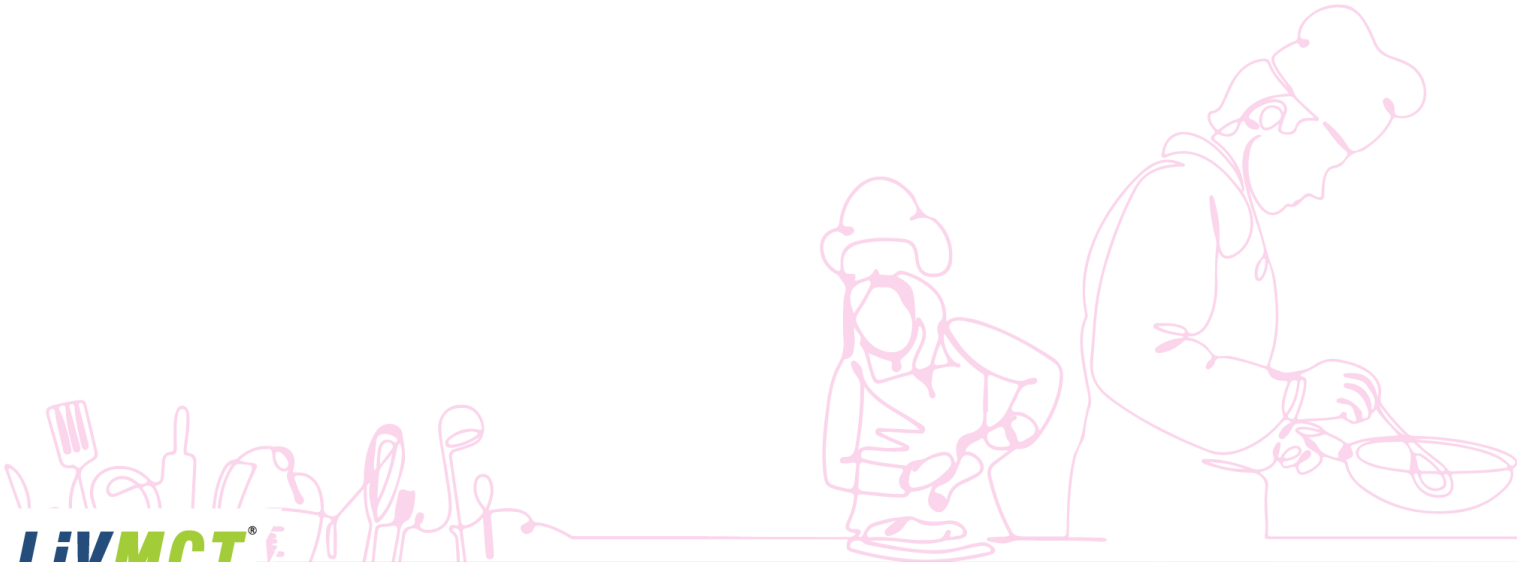
1. Boil the apples in water for 15 minutes.
2. After that strain the apples and let them cool.
3. Put the apples, cottage cheese and dark chocolates in a blender jar and blend it.
4. Add cashews and 1 tablespoon honey to that mixture and blend it again.
5. After the mixture is ready, add the LivMCT powder to it.
6. Then pour the prepared mixture into a container and add the cut blueberries to it.
7. Keep this mixture in the fridge for 6-7 hours and top it with 2 cherries.
8. Your Apple Mousse is ready to serve.

**Serving Size:** 1



**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
72.8	12.74	35	72.8



## Green Smoothie



### Clinical Significance of the Recipe:

- Natural energy booster.
- Low carb, high fat and high fiber
- Rich in anti-oxidants

### Age Group of the Patients:

- 2 to 59 Years

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Curd	80	48	2.9	2.9	3.2
2.	Cucumber	20	4	0.7	0.14	0.03
3.	Pineapple	40	17	3.7	-	-
4.	Banana	20	21	4.68	0.3	0.07
5.	Orange	15	6.6	1.2	0.2	0.02
6.	LivMCT	20	140	4.6	0.95	14.2

### Steps-

1. Take half cup sliced cucumber, 5 slice of pineapple, half peeled banana, half orange and keep aside.
2. Take 80 Gms curd and whisk.
3. Out of 5 slices of pineapple, boil 2 slices and make a puree.
4. In a blender, mix all the ingredients and add 20 Gms LivMCT Powder.
5. Sprinkle Lemon zest for flavor.
6. Blend well and pour in a glass.
7. Chill and serve!

**Serving Size:** 200 ml

### Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe

Calories	Carbs	Protein	Fats
236.6	17.78	4.49	17.52

## Power Packed Protein Roll AKA – p3 Roll



### Clinical Significance of the Recipe:

- High in Nutrients – Protein, Fiber, Vitamins and Minerals
- Heart health
- Weight Management
- Blood Sugar Control
- Increased satiety

### Age Group of the Patients:

- 14 to 60 years

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric recipe

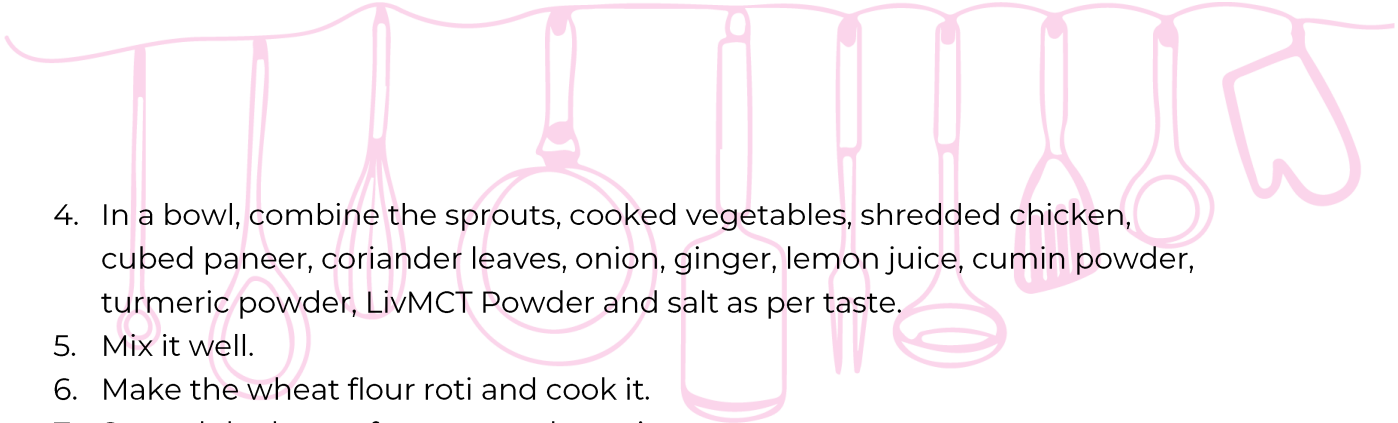
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Sprouted Moong	25	8	1.5	0.8	0.1
2.	Broccoli	20	6.8	1.3	0.5	0.07
3.	Cauliflower	20	4.5	0.4	0.4	0.09
4.	Carrot	20	7.6	1.3	0.2	0.09
5.	Shredded Chicken	50	84	-	10.9	4.5
6.	Paneer Cubes	50	129	6.2	9.4	7.3
7.	Fresh Coriander	15	4.6	0.2	0.5	0.1
8.	Onion	20	9.6	1.9	0.3	-
9.	Fine Cut Ginger	½ Inch	1.6	0.2	0.07	0.03
10.	Lemon Juice	1-2 Tbs	1.8	0.3	0.02	0.04
11.	Turmeric Powder	1	2.8	0.4	0.08	0.05
12.	LivMCT Powder	20	140	4.6	0.94	14.2
13.	Salt	½ Tbs	-	-	-	-
14.	Wheat Flour	30	96.1	19.2	3.17	0.4
15.	Oil	1 Tbs	45	-	-	5
16.	Hung Curd	15	9	0.45	0.47	0.6

### Steps-

#### • Fillings:

1. In a non-stick pan put 1 tablespoon oil with chopped broccoli, cauliflower, carrot and sprouted moong.
2. Sauté until it is tender crispy in texture.
3. Poach or grill the chicken and shred it into bite sized pieces.

- 
4. In a bowl, combine the sprouts, cooked vegetables, shredded chicken, cubed paneer, coriander leaves, onion, ginger, lemon juice, cumin powder, turmeric powder, LivMCT Powder and salt as per taste.
  5. Mix it well.
  6. Make the wheat flour roti and cook it.
  7. Spread the layer of yogurt on the roti.
  8. Spread the fillings over the roti and roll the roti tightly starting from one long edge.

**Serving Size:** 1

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
550	33.35	27.61	32.57

## Aliv MCT Laddoo



### Clinical Significance of the Recipe:

- Rich in iron – especially in women and children.
- Lactation Support – to enhance milk production
- Hormonal imbalance – managing balancing hormones
- Anti-inflammatory with Antioxidants.

### Age Group of the Patients:

- 14 – 60 years

### Application and Recommended Usage of the Recipe:

- Oncology specific
- Pediatric recipe
- Lactating mothers, anemic patients.

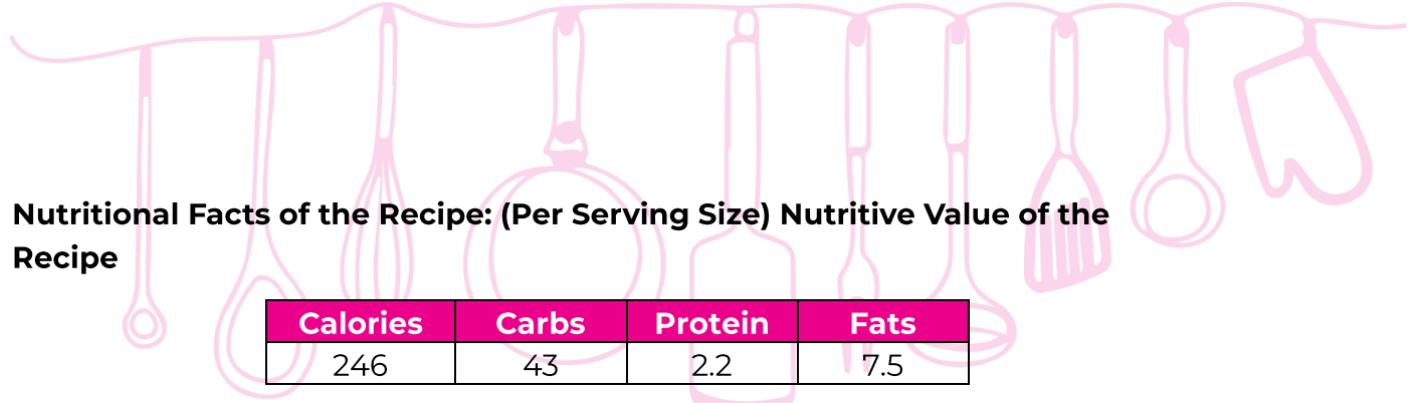
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Halim Seeds	1 Cup	16	2.8	1.3	0.4
2.	Jaggery	½ Cup	90	20	-	-
3.	Dates	5 Units	70	18	0.43	
4.	LivMCT Powder	10 Gms	70	2.3	0.49	7.1

### Steps-

1. Pre-Heat the pan, add the Halim Seeds.
2. Roast the Halim Seeds for few seconds till you hear some crackle sound.
3. Separate the roasted Halim seeds to different bowl.
4. Add some water to the Halim seeds and soak it for few minutes.
5. Prepare the LivMCT Powder mixture (10 Gms of LivMCT Powder in 30 ml water).
6. Add the soaked Halim seeds into the PAN and cook it for few seconds.
7. Add Jaggery powder as per the taste.
8. Add LivMCT Powder mixture and mix it well.
9. Add Eliachi powder.
10. Transfer the Halim dough to a bowl and allow it to cool.
11. Once cooled, divide into small lemon size laddoos.
12. Garnish with few fine chopped nuts.

**Serving Size:** 1-2



**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
246	43	2.2	7.5

## High Protein Sugar Free Tiramisu



### Clinical Significance of the Recipe:

- Helps for blood sugar control
- Improves gut health
- Weight management

### Age Group of the Patients:

- 14-18 years

### Application and Recommended Usage of the Recipe:

- Pediatric recipes
- Patients with neurological disorders
- Diabetes

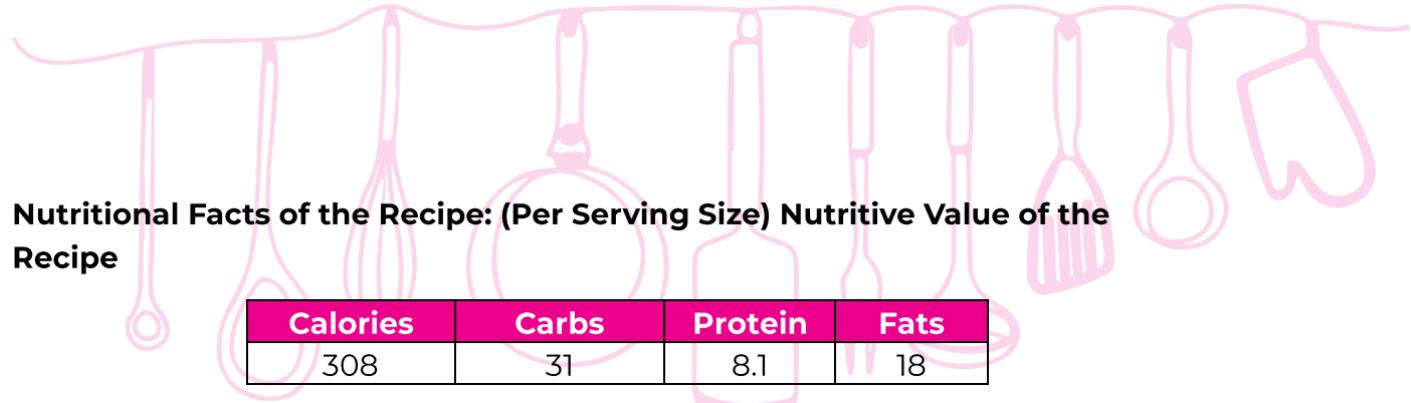
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Paneer	20	50	2.5	3.7	2.7
2.	Curd (Cow)	20	13	0.9	0.6	0.8
3.	Whole Wheat Bread	40	100	21	3	0.3
4.	LivMCT Powder	20	140	4.6	0.8	14.2
5.	Cocoa Powder	10	5	2	-	-
6.	Stevia	1 sachet	-	-	-	-
7.	Vanilla Essence	1 Tbs	-	-	-	-

### Steps-

1. Prepare the cream layer: blend Paneer, Curd, Vanilla Essence and stevia until smooth and set aside.
2. Prepare the Coffee Socked Bread – brew strong coffee abd let it cool.
3. Soak whole wheat bread slices in coffee without making them too saggy.
4. Assemble the Tiramisu – in a dish, layer coffee-socked bread and the paneer – curd mixture.
5. Repeat twice, ending with the cream layer.
6. Dust with cocoa powder and refrigerate for at least 2 hours.

### Serving Size:1



**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
308	31	8.1	18

## Soy Ragi Smoothie



### Clinical Significance of the Recipe:

- High protein and high calorie.
- Rich in fiber, calcium, Antioxidants and Probiotics.
- Suitable for patients having dysphagia

### Age Group of the Patients:

- 2 years and above

### Application and Recommended Usage of the Recipe:

- Oncology specific
- Pediatric Recipe
- Patients with Neurological disorders
- Dysphagia Patients

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Ragi Flour	30	96	20	2.1	0.6
2.	Soy Flour	30	113	3	11.3	5.8
3.	Dates	1-2 Units	31	7	0.23	0.03
4.	Apple	50	31	6.5	0.14	0.32
5.	Moong Dal	15	44	7	3.3	0.5
6.	LivMCT	20	170	4.6	0.94	14.1
7.	Curd	150	90	4.5	4.5	6

### Steps-

1. Take all the ingredients (Ragi flour, Soy Flour, Dates, Apple, boiled yellow lentils, curd & LivMCT powder).
2. Dry roast the ragi & soy flour on a pan.
3. Put the roaster flour along with the other ingredients in a blender jar.
4. Add LivMCT to the blender.
5. Add water and blend it into a smooth texture.
6. Here nutritious soy ragi smoothie is ready using LIVMCT.

### Serving Size: 1

### Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe

Calories	Carbs	Protein	Fats
575	52.6	22.51	27.35

## Nutty Seeds Laddoo



### Clinical Significance of the Recipe:

- Nutrient Dense – High in calories and protein, also contains carbs.
- Rich in Micro Nutrients like Calcium and Iron – helping in bone development and increasing Hemoglobin
- Rich in Fat-soluble vitamins, contain Omega 3 – boosting immunity.
- Anti-inflammatory
- Contain MCT-based Fat – provide instant energy.

### Age Group of the Patients:

- 2 to 60 years

### Application and Recommended Usage of the Recipe:

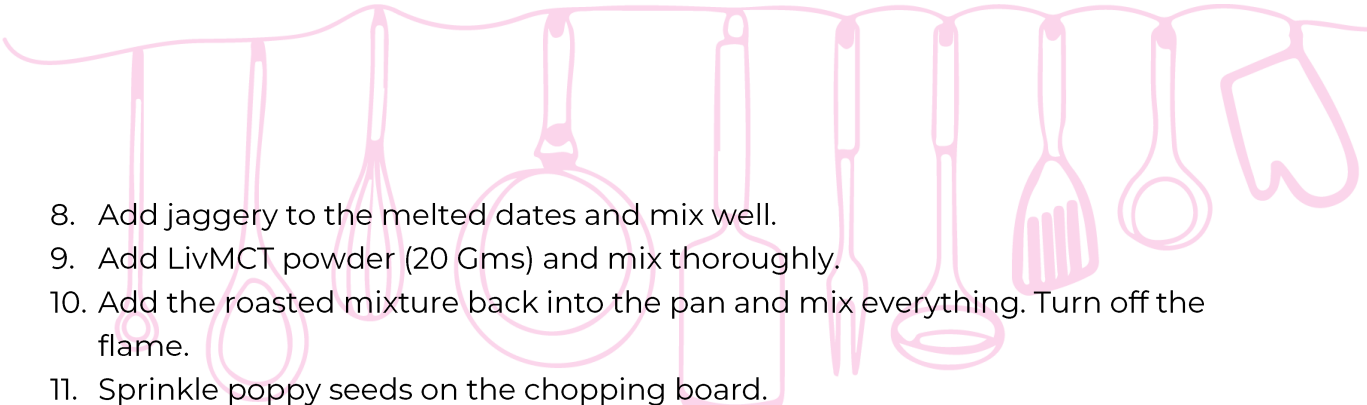
- Oncology Specific
- Pediatric Recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Sunflower Seeds	20	117	1.3	4.7	10.3
2.	Watermelon Seeds	25	157	1.1	8.5	13.1
3.	Pumpkin Seeds	25	144	3.6	7.4	12.2
4.	Pistachios	20	108	3.1	4.6	8.5
5.	White Sesame Seeds	20	104	2.1	4.3	8.6
6.	Almond	30	183	3.1	6.2	17.6
7.	Cashew	30	175	7.6	5.6	13.5
8.	Dates	125	358	85	1.4	0.5
9.	Poppy seeds	20	84	2.4	4	6
10.	Jaggery	20	106	25.4	0.5	-
11.	Ghee	220 (4Tbsp)	180	-	-	20
12.	LivMCT	20	140	4.6	0.9	14.2

### Steps-

1. Chop Almonds, Pistachios and Cashew nuts only.
2. Heat 2 tablespoons of ghee in a pan.
3. Add chopped nuts, Sunflower Seeds, Pumpkin Seeds, Watermelon Seeds and white sesame seeds.
4. Roast slightly for 3 minutes.
5. Transfer the roasted mixture to the bowl.
6. Again heat 2 tablespoons of ghee in the pan.
7. Add deseeded dates and cook until they melt.

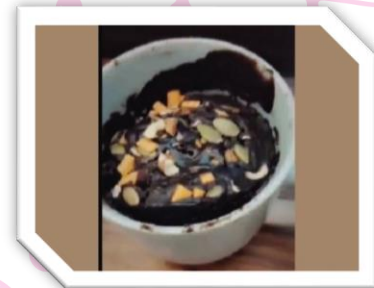
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8. Add jaggery to the melted dates and mix well.
  9. Add LivMCT powder (20 Gms) and mix thoroughly.
  10. Add the roasted mixture back into the pan and mix everything. Turn off the flame.
  11. Sprinkle poppy seeds on the chopping board.
  12. Roll the nuts mixture on the chopping board so that poppy seeds stick to the nut's mixture.
  13. Cut the roll into small circles.
  14. Enjoy delicious, energy-packed perfect for any time!

**Serving Size: 6**

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
309	23	7.8	20.6

## Carro Choco Banana Date Mug cake



### Clinical Significance of the Recipe:

- Calorically and nutritionally dense, one-dish snack or dessert.
- Fruits, Vegetables, almonds, seeds, dates, milk, and ragi – a variety of food groups.
- Rich in Protein and MCT, Calcium.
- Highlights: no baking soda used.
- Low cost, easy to make, under 5 mins recipe.

### Age Group of the Patients:

- 2-18 years

### Application and Recommended Usage of the Recipe:

- Pediatric recipe.

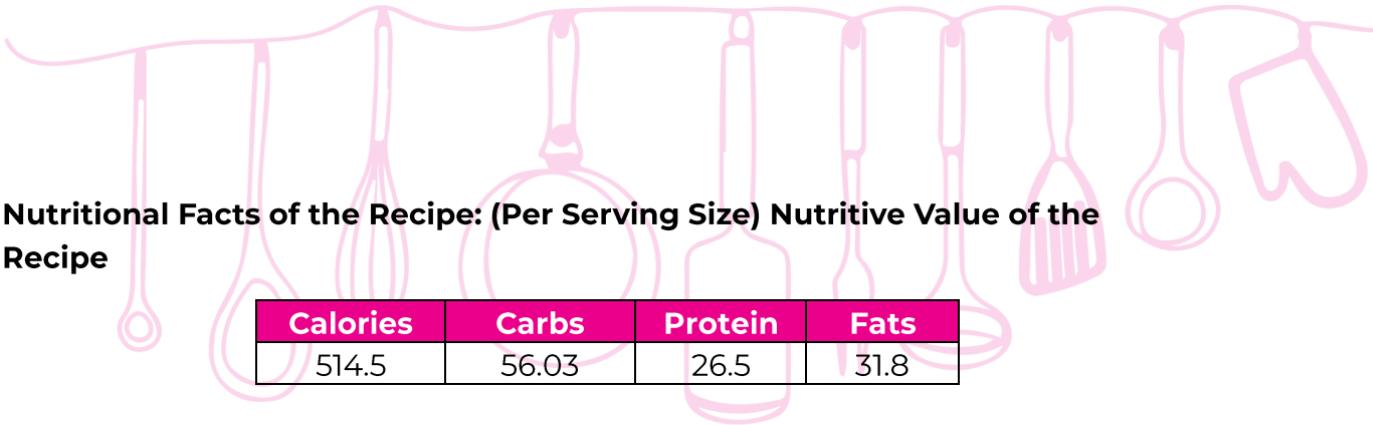
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Ragi Flour	30	100	20	3	0.6
2.	LivMCT Powder	20	140	4.6	9.5	14.2
3.	Dates Pulp	10	310	7.2	0.24	0.04
4.	Cocoa Powder	15	56.5	7.6	3.4	1.35
5.	Milk	250	182.2	12.3	8.15	4.2
6.	Carrot	20	6.6	1.1	0.19	0.09
7.	Banana	10	10.6	2.3	0.15	0.04
8.	Almond	5	30.4	0.53	1.0	2.8
9.	Pumpkin Seeds	3	17.2	0.4	0.9	1.47

### Steps-

1. Add Ragi flour in a mug.
2. Then add LivMCT powder to the mug.
3. To this add 2 tablespoon dates pulp and 15 Gms cocoa powder.
4. Add 250 ml of cow milk and mix all the ingredients. (Add milk gradually to avoid lump formation.)
5. Further, add 2 tablespoons of carrot and mashed banana.
6. To garnish, top up with crushed almonds, grated carrots, and pumpkin seeds.
7. Microwave it for 2 minutes.
8. The mugcake is ready! Serve hot/warm.

**Serving Size:** 200 Gms



**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
514.5	56.03	26.5	31.8



## Moong Dal Beetroot Chilla



### Clinical Significance of the Recipe:

- High Protein High Fiber food
- Low in Saturated Fat
- High nutritional value.

### Age Group of the Patients:

- 14 years and above.

### Application and Recommended Usage of the Recipe:

- Pediatric recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Yellow Moong Dal	100	347	63	87	1.2
2.	Beetroot	100	43	10	1.6	0.2
3.	LivMCT Powder	20	140	4.6	0.8	14.2
4.	Green Chilly	1	0.4	0.09	0.019	0.004
5.	Ginger	2	0.16	0.36	0.036	0.016
6.	Salt	½ Tbsp	-	-	-	-
7.	Oil	5	45	-	-	45

### Steps-

1. Soak the moong dal overnight after 2-3 times wash.
2. In the morning, drain the water, and wash it again.
3. Take the mixer jar, and add soaked moong dal, LivMCT powder, ginger, salt, green chili, chopped beetroot, and 30 ml water.
4. Heat the pan, and pour a ladle full of batter. Spread the batter overheated pan.
5. Cook the chilla from both sides.
6. Add 1 tablespoon of oil on the sides of chilla and cook it properly.
7. Chilla is ready to serve with green coriander or tomato onion chutney/
8. It takes 15 minutes to prepare.

### Serving Size: 2

### Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe

Calories	Carbs	Protein	Fats
575.56	78.05	89.455	60.62

## Soya Milk Rice Kheer (Lactose-Free)



### Clinical Significance of the Recipe:

- High Protein
- Lactose Free
- Easy to digest (Diarrhea)
- High Calories

### Age Group of the Patients:

- 2 years and above

### Application and Recommended Usage of the Recipe:

- Oncology specific
- Pediatric recipe
- Useful in Diarrhea

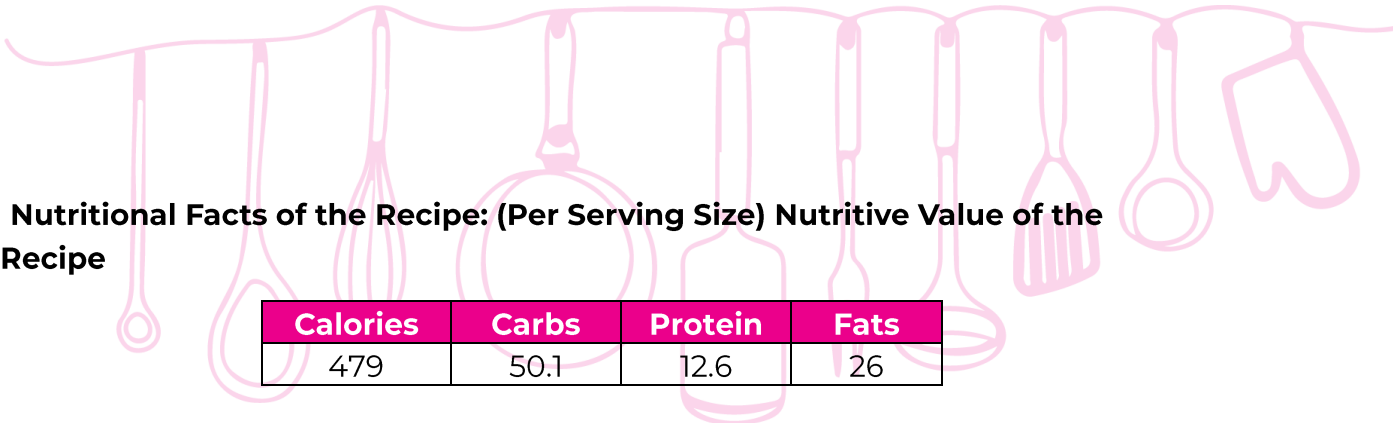
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Soya Milk	200 ml	69	3.5	6.4	3.3
2.	Rice	30	100	21	2.2	0.5
3.	LivMCT Powder	20	140	4.6	1	14.2
4.	Almond	15	100	3	3	8
5.	Sugar	5	20	5	-	-
6.	Banana	50	50	13	-	-

### Steps-

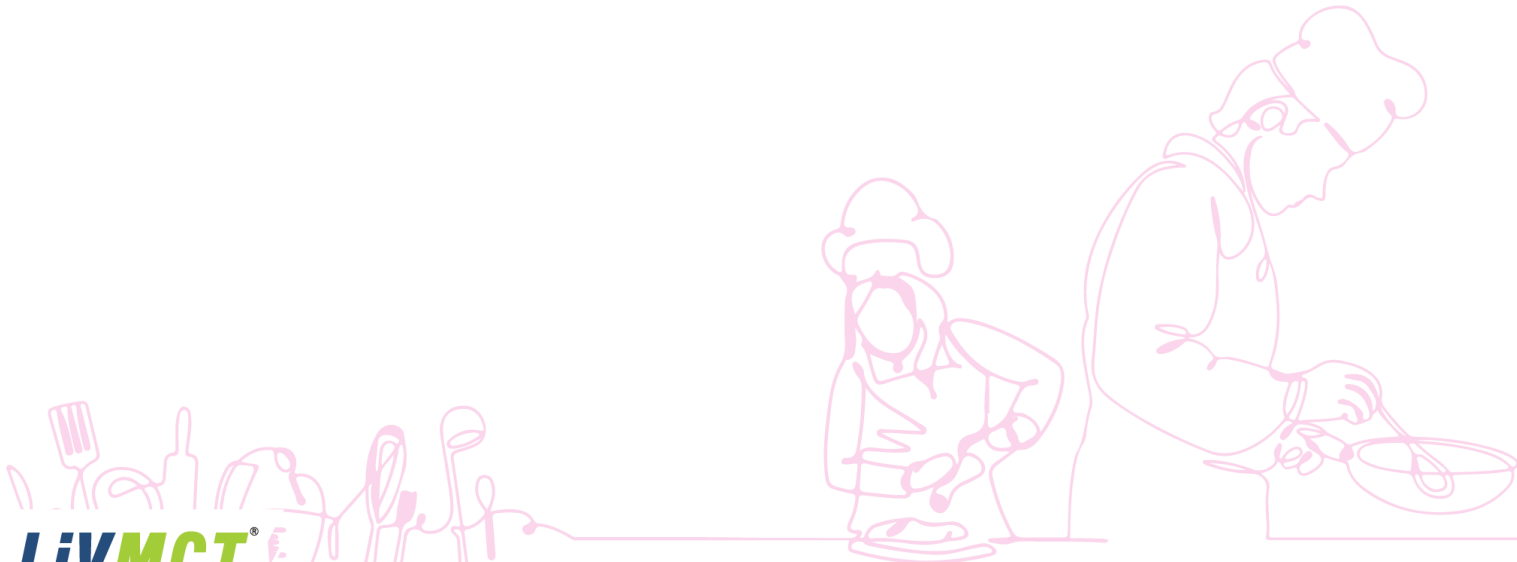
1. Rinse the rice thoroughly and soak 30 gms of rice in water 10 – 15 minutes.
2. Boil soaked rice in ½ cup (50 ml) of water for 5 minutes / till the rice is half cooked.
3. Add 200 ml soya milk (Unflavored) in a pot and simmer till it reduces to half.
4. Add a small mashed banana, 20 gms LivMCT Powder and 1 tablespoon sugar (if needed) and cook it well for 2-3 minutes.
5. Add cardamom powder and chopped nuts.
6. Serve warm or chilled kheer in a bowl.

**Serving Size:** 1



**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
479	50.1	12.6	26



## Paushtik Ladoo



### Clinical Significance of the Recipe:

- Energy-dense and nutrient rich (Nutrients like Iron, Calcium, Vitamin A, Vitamin E, Healthy fats, Antioxidants, C8 advantage).
- Good for Cardiovascular disease and immune health.
- Enjoyed by people of all age groups.
- Sugar-free, Gluten Free, rich in Prebiotics and Probiotics

### Age Group of the Patients:

- 2 to 60 years.

### Application and Recommended Usage of the Recipe:

- Pediatric recipe.

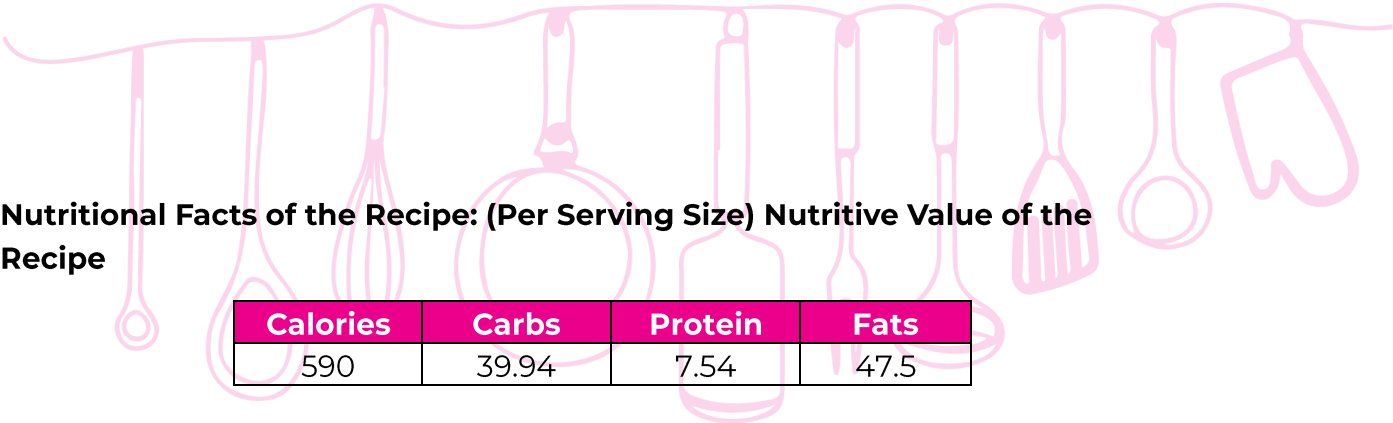
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Dry dates powder	30	96	22.5	1.5	0.15
2.	Almond	15	86	3.2	3.2	7.5
3.	Guargum	7.5	21	6.45	-	-
4.	Dry Coconut	3.5	12	0.5	0.1	1
5.	Cashew	5	39	2.05	1.2	3.2
6.	Sunflower seeds	2	11	0.4	0.4	1
7.	Poppy Seeds	1	5	0.24	0.18	0.45
8.	LivMCT Powder	20	140	4.6	0.96	14.2
9.	Ghee	20	180	-	-	20

### Steps-

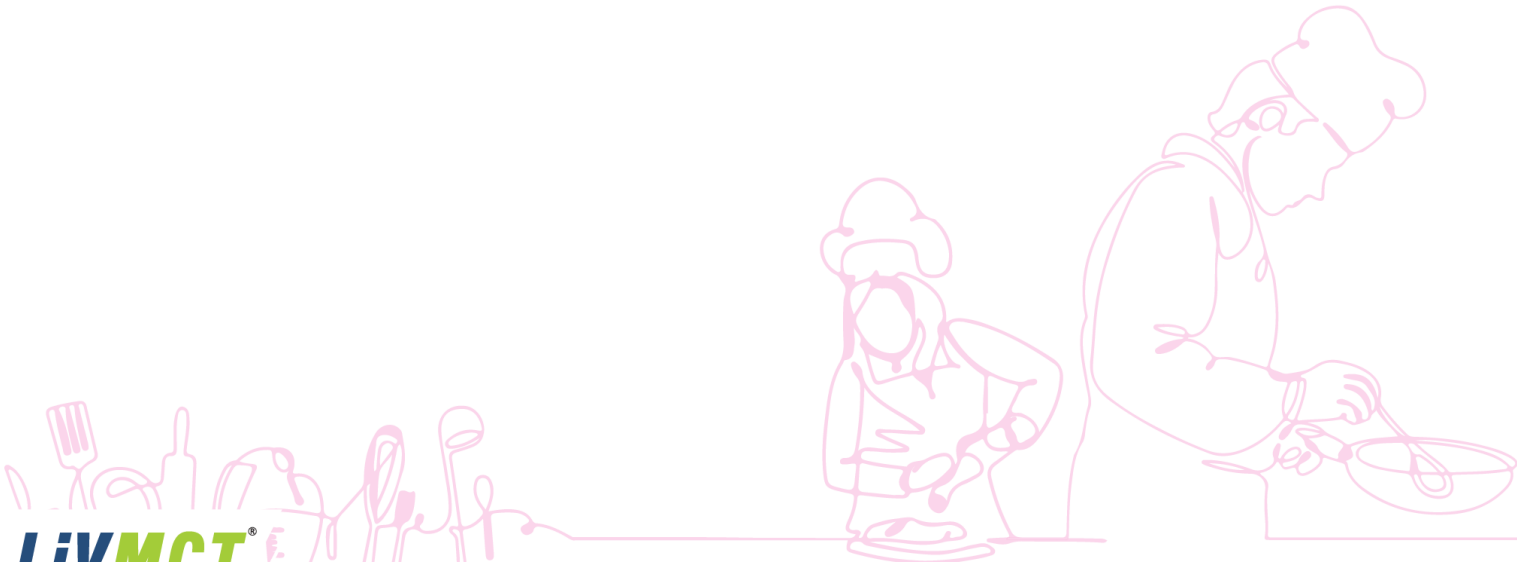
1. Take all the ingredients in the above-mentioned quantity.
2. Use deseeded dried dates and blend it.
3. In a pan take 10 Gms (2 table spoon) ghee and fry guar gum first.
4. Later roast all the dry fruits, seeds, and desiccated coconut separately in ghee.
5. Blend them separately.
6. Take a bowl and add all the powdered ingredients in it.
7. Add 10 Gms LivMCT and 10 Gms ghee.
8. Mix them and make round balls.

### Serving Size: 1



**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
590	39.94	7.54	47.5



## Rice Kanji



### Clinical Significance of the Recipe:

- High Carb
- Easy to digest

### Age Group of the Patients:

- 2 years and above.

### Application and Recommended Usage of the Recipe:

- Oncology specific
- Diet for Critical Care patients
- Pediatric recipe
- Patients with neurological disorders
- Patients with Compromised Guts like Short Bowel Syndrome
- Useful for Oral and RT Feed

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	LivMCT	20	140	4.6	0.94	14.2
2.	Rice	20	70	16	1.5	0.05
3.	Ghee	10 ml	90	-	-	10
4.	Salt	1 gm	-	-	-	-
5.	Jeera		-	-	-	-

### Steps-

1. Roast rice.
2. Grind it into fine powder.
3. In a pan take water and boil it.
4. Now add jeera, rice powder and salt to taste.
5. Cook it properly.
6. Strain the rice kanji.
7. Lastly add LivMCT paste into Rice Kanji.

**Serving Size:** 200 ML

### Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe

Calories	Carbs	Protein	Fats
300	20.6	2.44	24.25

## Ragi Minis



### Clinical Significance of the Recipe:

- High Protein
- Rich in Calcium

### Age Group of the Patients:

- 2 to 18 years

### Application and Recommended Usage of the Recipe:

- Oncology specific
- Pediatric recipe

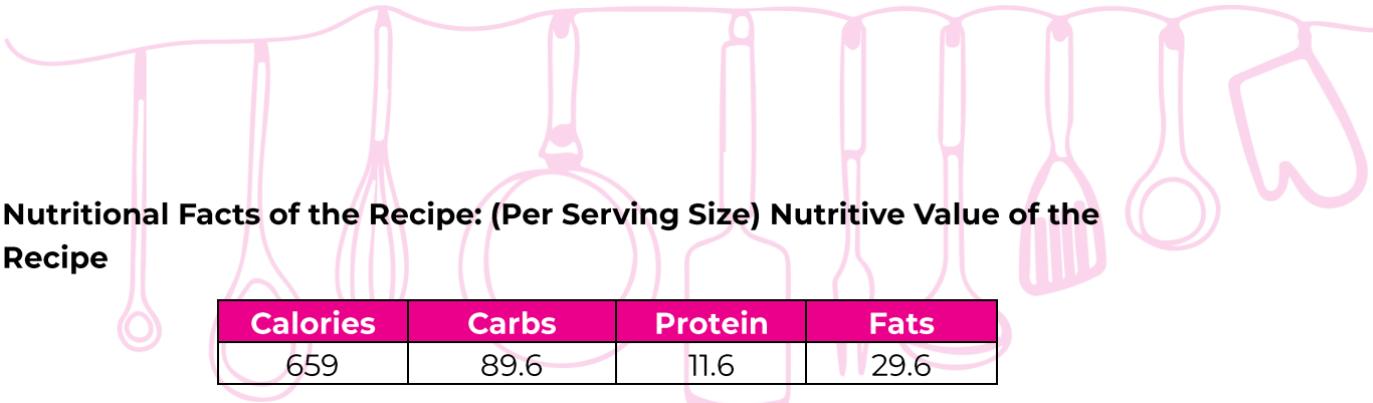
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Rice	1 Cup	311	69	6.8	0.9
2.	Ragi Flour	½ Cup	49	10.8	1.1	0.2
3.	Curd	½ Cup	30	1.5	1.5	2.0
4.	Capsicum	10	2	0.5	0.1	-
5.	Corn	10	9	1.9	0.3	0.1
6.	Sesame Seeds	5	28	1.3	0.9	2.2
7.	Oil	10ml	90	-	-	10
8.	Salt	¼ Tbsp	0	-	-	-
9.	LivMCT	20	140	4.6	0.9	14.2

### Steps-

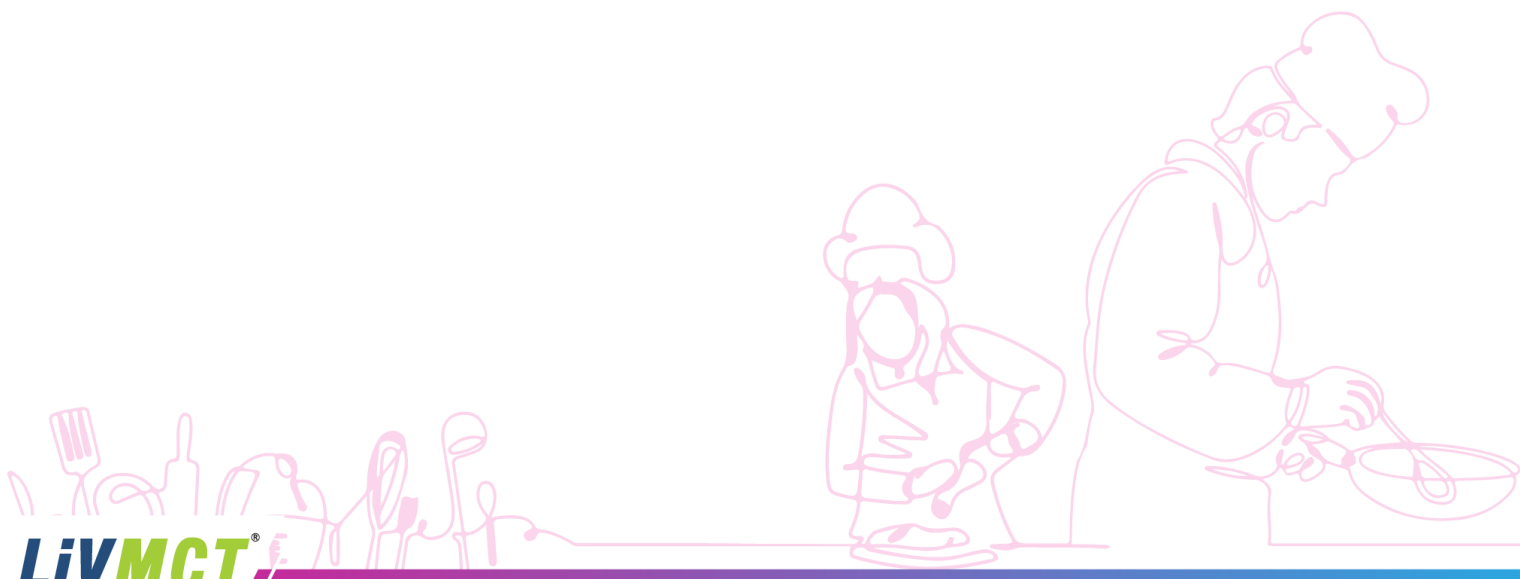
1. Soak washed rice for 8-10 hours.
2. Add the soaked rice to the blender.
3. Add ½ cup Ragi flour, ½ cup curd, and salt as per taste and blend them to a thick consistency.
4. Add 20 Gms LivMCT powder and water to adjust the consistency.
5. Lightly brush the Pan with oil and pour the make the Ragi minis (Ragi Uttapam)
6. Top them with Capsicum, Corn, and Sesame seeds (Or toppings of kids' choice) and let it cook.
7. Serve it with curd or Sambar.

**Serving Size: 3**



**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
659	89.6	11.6	29.6



## Ragi Biscuits (Cookies)



### Clinical Significance of the Recipe:

- It is a gluten-free grain.
- It is a rich source of Iron and Calcium.
- It is good for weight loss.

### Age Group of the Patients:

- 14 to 18 years

### Application and Recommended Usage of the Recipe:

- Pediatric recipe

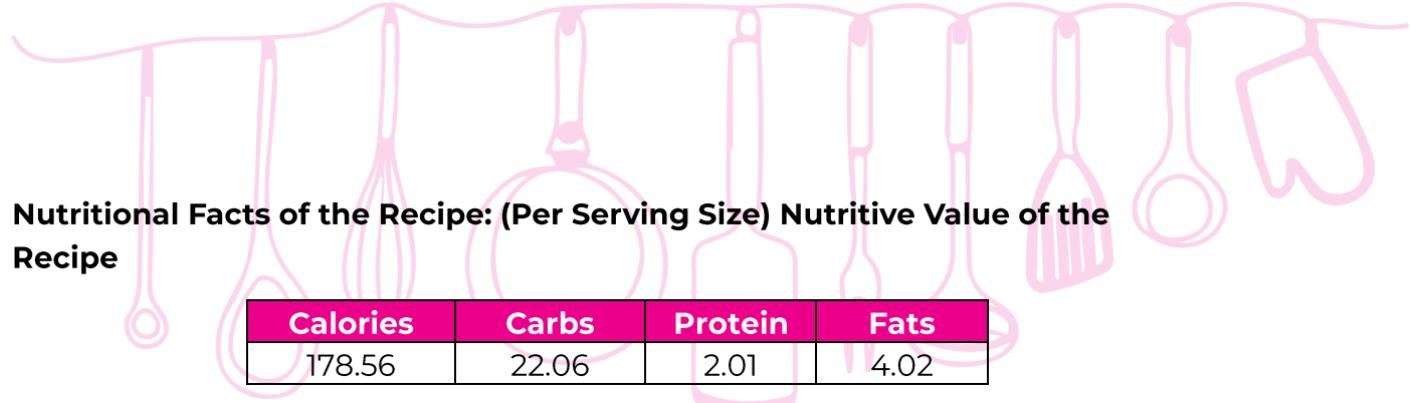
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Ragi Flour	100	321.02	66.48	7.15	1.89
2.	Sugar	20	71.42	17.14	-	-
3.	Ghee	20	181.81	-	-	2-
4.	LivMCT	20	140	4.6	0.9	14.2

### Steps-

1. First of all the ingredients for preparing biscuits.
2. Take 100 Gms of Ragi flour, 20 Gms of processed sugar, 20 Gms of ghee, and 20 Gms of LivMCT powder.
3. First take a bowl and add ghee and processed sugar.
4. Mix it properly until they turn fluffy.
5. Then add Ragi flour gently and add LivMCT powder.
6. Mix all the ingredients properly then knead a soft dough.
7. Preheat the pan for 15 minutes.
8. Take one plate and grease it with some ghee.
9. Take a small ball of dough and shape in circle or any other shape.
10. Put some dry fruits on top and put it in a pan for 30 minutes on medium flame.
11. Cover the pan with the lead.
12. After 30 minutes check the biscuits are cooked properly and then aside for cool down.
13. Then serve the ragi biscuits.

**Serving Size:** 4



**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
178.56	22.06	2.01	4.02

## Magical Peanut Bar with Good Fat



### Clinical Significance of the Recipe:

- Iron Rich, High Calorie
- Protein-Rich, Weight Gain
- Healthy Fat, Finger food for children.
- Heart friendly as it is rich in resveratrol.

### Age Group of the Patients:

- 2 years and above

### Application and Recommended Usage of the Recipe:

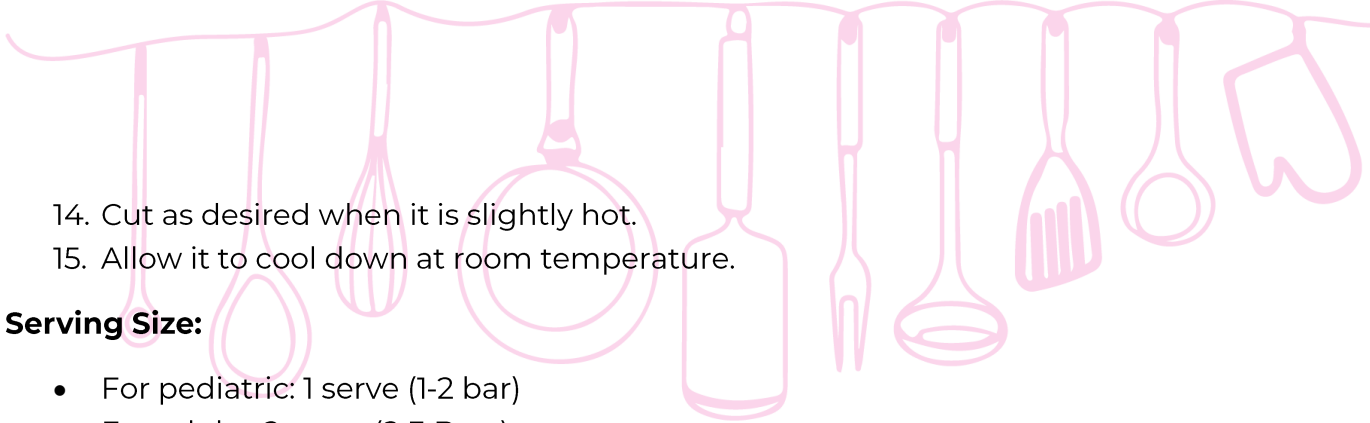
- Pediatric recipe
- Pregnant Women
- Anemia
- Weight Gain
- Vegan Food

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Jaggery	150	354	1.85	1.85	0.16
2.	Peanut	150	520	17	24	40
3.	Ghee	1 tbps	45	-	-	5
4.	LivMCT	20	140	4.6	0.9	14.2

### Steps-

1. Heat the pan on moderate flame.
2. Add peanuts and fry for 4-5 minutes.
3. Stir continuously and fry evenly. Don't make them black.
4. Turn off the flame and allow it to cool.
5. Rub with hands and remove the outer skin. Also, split each peanut into two or more.
6. Melt the jaggery with the water.
7. Continue to boil until you get 2-string consistency.
8. It will take 6-7 minutes on moderate flame.
9. Add peanuts and mix it well at low flame for another 1 minute.
10. Now add LivMCT powder (20 Gms) and mix it well; then turn off the flame.
11. Grease little ghee inside a steel plate
12. Pour the peanut and jaggery mixture into the plate.
13. Spread evenly all over the plate and allow it to cool.

- 
14. Cut as desired when it is slightly hot.
  15. Allow it to cool down at room temperature.

**Serving Size:**

- For pediatric: 1 serve (1-2 bar)
- For adults: 2 serve (2-3 Bars)

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
1059	106	26.79	59.36

## Cheesy Millets Noodles



### Clinical Significance of the Recipe:

- High Fiber (easy way to add veggies to the dish)
- Complex Carbohydrates (Simple carbohydrates replaced from Noodles)
- First class proteins with micronutrients.
- Calorie dense snacking / Meal option

### Age Group of the Patients:

- 2 to 18 years

### Application and Recommended Usage of the Recipe:

- Pediatric recipe

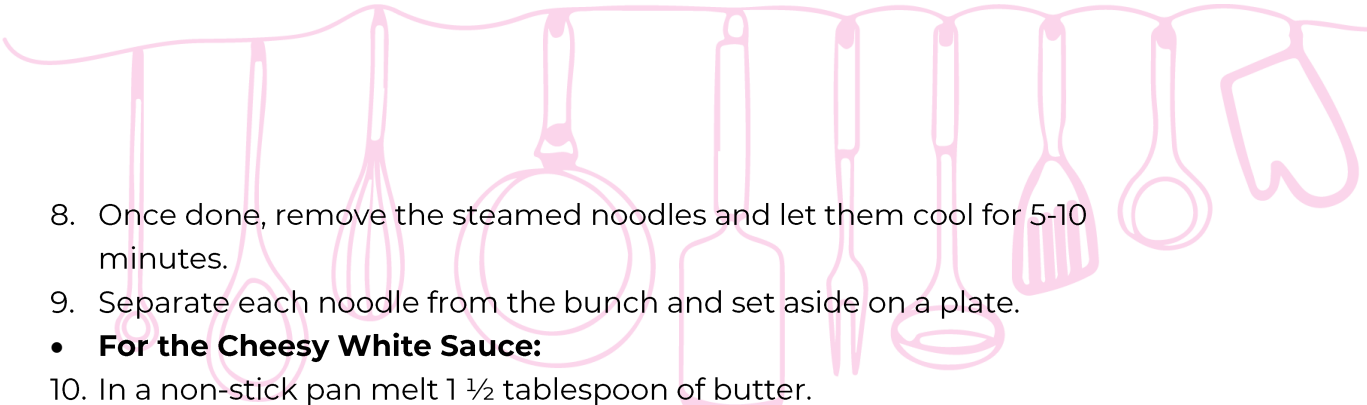
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Jowar Flour	45	150	31.5	4.5	0.7
2.	Cooking oil	1 ½ Tbsp	60	-	-	6.6
3.	Butter	1 ½ tbsp	54	-	-	6
4.	Garlic	1 clove	-	-	-	-
5.	Carrot	5	2.5	0.5	-	-
6.	Corn	5	5	1.2	-	-
7.	Bell Paper	5	-	-	-	-
8.	Corn Flour	7	25	6.1	-	-
9.	Milk	150 ml	105	6.6	4.8	6
10.	Cheese	12.5	39	0.18	2.5	3.1
11.	LivMCT	20	140	4.6	0.94	14.2
12.	Salt	To taste	-	-	-	-
13.	Chili flakes	½ tbsp	-	-	-	-
14.	Oregano	½ tbsp	-	-	-	-

### Steps-

#### • For the Noodles:

1. In a bowl, mix 1 cup of jowar flour with ½ cup hot water.
2. Let the mixture rest for 5 minutes.
3. Form a soft dough.
4. Brush a noodle maker with oil and add the dough.
5. Seal the lid tightly and prepare noodles on an oiled stand.
6. Drizzle some oil on the noodles.
7. Place the stand in a preheated steamer and steam for 10 minutes.

- 
8. Once done, remove the steamed noodles and let them cool for 5-10 minutes.
  9. Separate each noodle from the bunch and set aside on a plate.
  - **For the Cheesy White Sauce:**
  10. In a non-stick pan melt 1 ½ tablespoon of butter.
  11. Add 1 clove of garlic (Chopped) and sauté well.
  12. Add 5 Gms of grated carrots, sliced bell papers, and boiled corn and sauté thoroughly.
  13. Mix 1 ¼ tablespoon corn flour.
  14. Gradually add ¾ cup of milk, stirring until the sauce thickens.
  15. Add salt to taste, ½ cube of cheese ½ tablespoon of chili flakes, and ½ tablespoon of oregano and mix well.
  16. Stir in 20 Gms of LivMCT until well combined.
  - **Combining:**
  17. Add the prepared noodles to the sauce.
  18. Gently mix until the noodles are well coated with the cheesy sauce.
  19. Healthy and delicious Cheesy Millets Noodles are now ready to serve!

**Serving Size: 2**

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
580.5	50.7	12.7	36.6

## Mix Veg Moong Oats Chilla



### Clinical Significance of the Recipe:

- High Fiber
- Nutritionally balanced
- Easy to digest

### Age Group of the Patients:

- 4 years and above

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric recipe
- Patients with Neurological disorders
- 

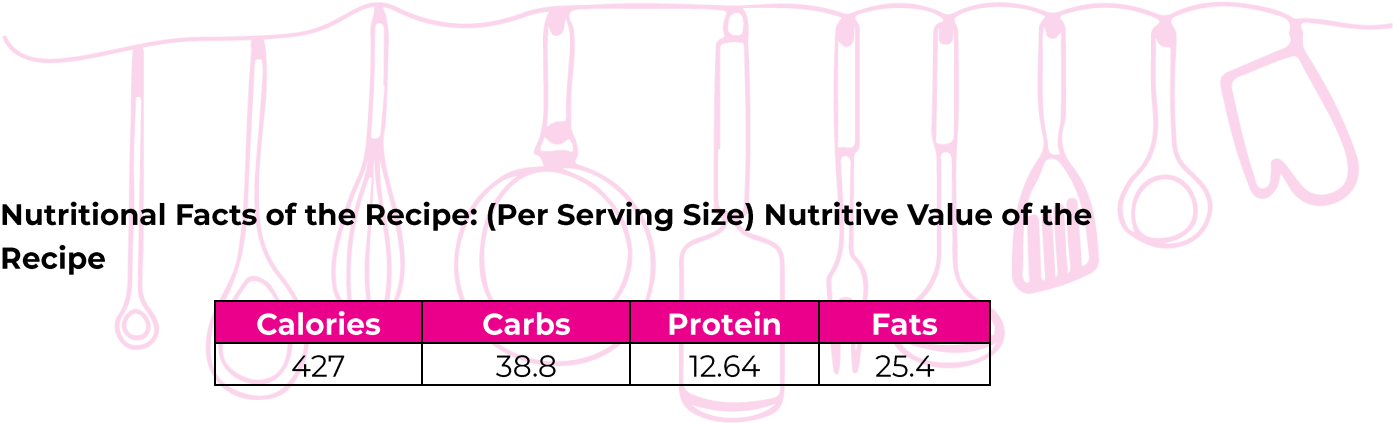
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Moong	40	140	25	9.5	0.5
2.	Oats	10	38	6.3	1.4	0.7
3.	Carrot	15	6	1	0.2	-
4.	Capsicum	15	2	0.2	0.1	-
5.	Onion	15	6	1.2	0.2	-
6.	Tomato	15	2	0.3	-	-
7.	Coriander	10	3	0.2	0.3	-
8.	Oil	10 ml	90	-	-	10
9.	LivMCT	20	140	4.6	0.94	14.2

### Steps-

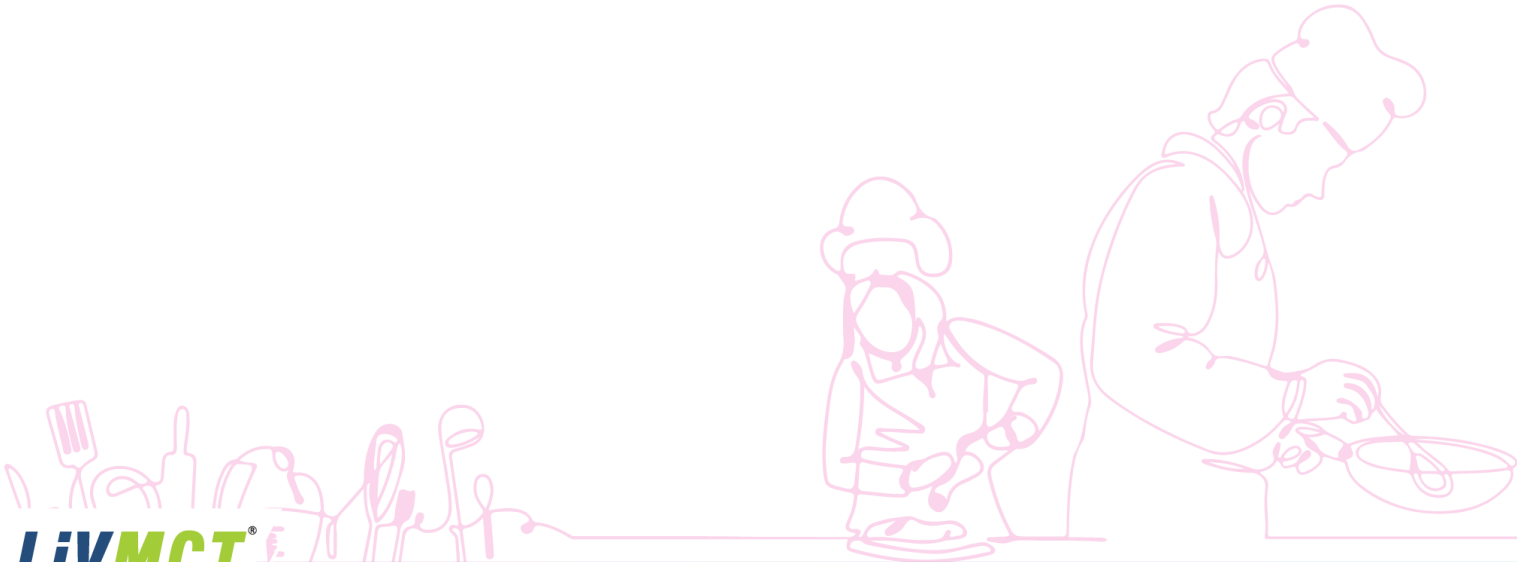
1. Take soaked Moong, Oats, Fresh Coriander, Cumin Seeds Cumin Powder, Ginger, Chili and Salt in the mixer grinder and grind it all together.
2. Then add LivMCT Powder and grind it again.
3. Place everything in a container.
4. Now add finely chopped carrot, onion, tomato, capsicum, and fresh coriander and mix it well to make the batter of smooth consistency.
5. Take a Dosa pan, sprinkle  $\frac{1}{2}$  tablespoon oil, and add batter to it to make it into chillas.
6. Serve with Green Chutney.

**Serving Size: 2**



**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
427	38.8	12.64	25.4



## Plant Powered Sesame Oats Bliss



### Clinical Significance of the Recipe:

- Fiber Rich
- Healthy Fats
- Calorie Dense

### Age Group of the Patients:

- 2 years and above

### Application and Recommended Usage of the Recipe:

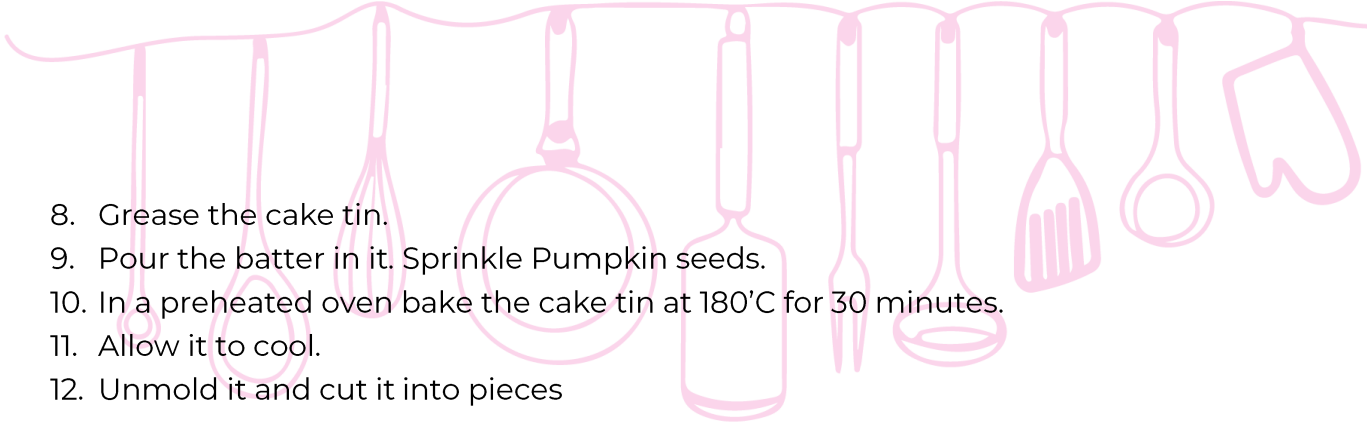
- Oncology Specific
- Pediatric recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Sesame	100	565	25.7	18	48
2.	Oats	100	380	68	12.8	7.2
3.	Raw Cocoa Powder	50	20	3	1	-
4.	LivMCT	30	210	6.9	1.425	21.3
5.	Dates	50	141	27.5	1.5	-
6.	Dried Figs	50	100	26	1	-
7.	Cashew	6-8 pieces	23.5	1.29	0.78	0.08
8.	Vanilla	½ Tbsp	-	-	-	-
9.	Pumpkin Seeds	2 Tbsp	126	15.2	5.3	5.5
10.	Baking Powder	¼ Tbsp	-	-	-	-

### Steps-

1. Make Tahini by grinding sesame and making it of the required consistency.
2. Soak (6-8 Cashew Milk) remove Cashew milk by grinding it and add around 100 ml water.
3. Grind rolled oats into powder.
4. Grind dates and dried figs paste.
5. Mix dry ingredients like oats powder, raw cocoa powder, and LivMCT powder.
6. Mix wet ingredients like Tahini, Cashew milk, Dates, and dried fig paste by gently mixing it. Make a pouring consistency.
7. Now mix both dry and wet ingredients. Thoroughly mix it well. Add baking powder.

- 
8. Grease the cake tin.
  9. Pour the batter in it. Sprinkle Pumpkin seeds.
  10. In a preheated oven bake the cake tin at 180'C for 30 minutes.
  11. Allow it to cool.
  12. Unmold it and cut it into pieces

**Serving Size: 8**

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
195.69	21.70	5.23	10.26



## Jamun Sarbat



### Clinical Significance of the Recipe:

- Rich in Micronutrients like Vitamin A and Potassium.
- Fiber Rich
- Boosts immunity

### Age Group of the Patients:

- 2 years and above

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric recipe
- Patients with neurological disorders.

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Jamun	10	5	1.06	0.09	0.06
2.	Banana	14	15	3.5	0.22	0.05
3.	Coconut Cream	4 ml	17	0.48	0.14	1.64
4.	LiVMCT	20	140	4.6	0.95	14.2

### Steps-

1. Blend Banana, Jamun, Coconut Cream, and MCT Powder in a blender to make a smooth and lump-free texture.
2. Pour into a freezer-proof container and freeze until firm.
3. Enjoy the tasty and colourful Jamun Sarbat.

### Serving Size: 1

### Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe

Calories	Carbs	Protein	Fats
177	9.6	1.4	15.9

## Tulsi Kalakand



### Clinical Significance of the Recipe:

- It provides healthy snacks as it contains proper carbohydrates and protein ratio along with fats.
- It boosts up the immune system (Tulsi leaves have antioxidants and anti-inflammatory properties.)
- It prevents seasonal diseases like cold, flue, sore throat.

### Age Group of the Patients:

- 4 to 18 years

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Milk	500 ml	310	24.40	13.2	20.5
2.	Tulsi Leaves	1 Bunch	2.2	1.30	-	0.3
3.	Sugar	4 ml	387	99.40	-	-
4.	Lemon	1 Pc	16.8	5.41	0.64	0.2
5.	Cashew	4 Pc	35	1.33	1.27	2.81
6.	Pista	4 Pc	22	0.64	0.79	2.14
7.	LivMCT	20	140	4.6	0.95	14.2

### Steps-

1. At first boil 250 ml of full cream milk.
2. As it starts boiling remove it from heat and add lemon juice.
3. The milk will be curded. Now drain the water and wrap it in a clean cotton cloth to remove the excess water.
4. Make the paste of Tulsi leaves. Extract the water part from the solid part. Keep them separate.
5. Take 200 ml of milk from heat add sugar and make it cool.
6. Mix the solid part of Tulsi leaves with the Chenna to make the green-colored paste.
7. Now add the paste with the milk, add LivMCT powder and the Tulsi leaves extract, and mix it well.
8. Keep it for some time.



9. Then shape it as Kalakand Sandesh.

**Serving Size:** 1

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
228	34	4	10



### Clinical Significance of the Recipe:

- High Calorie
- High Protein
- Easy to digest

### Age Group of the Patients:

- 2 years and above

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care Patients
- Pediatric recipe
- Patients with Neurological disorders

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	LivMCT	20	140	4.6	0.95	14.2
2.	Rice	20	70	16	1.5	0.05
3.	Moong Dal	20	65	11	4.7	0.27
4.	Soya Chunks	5	17	1.6	2.6	0.02
5.	Ghee	10 ml	90	-	-	10
6.	SMP	10	41	5.5	3.5	0.5
7.	Cardamom	1	-	-	-	-
8.	Milk	150 ml	89	7.5	4.5	4.5
9.	Sugar	10	40	10	-	-

### Steps-

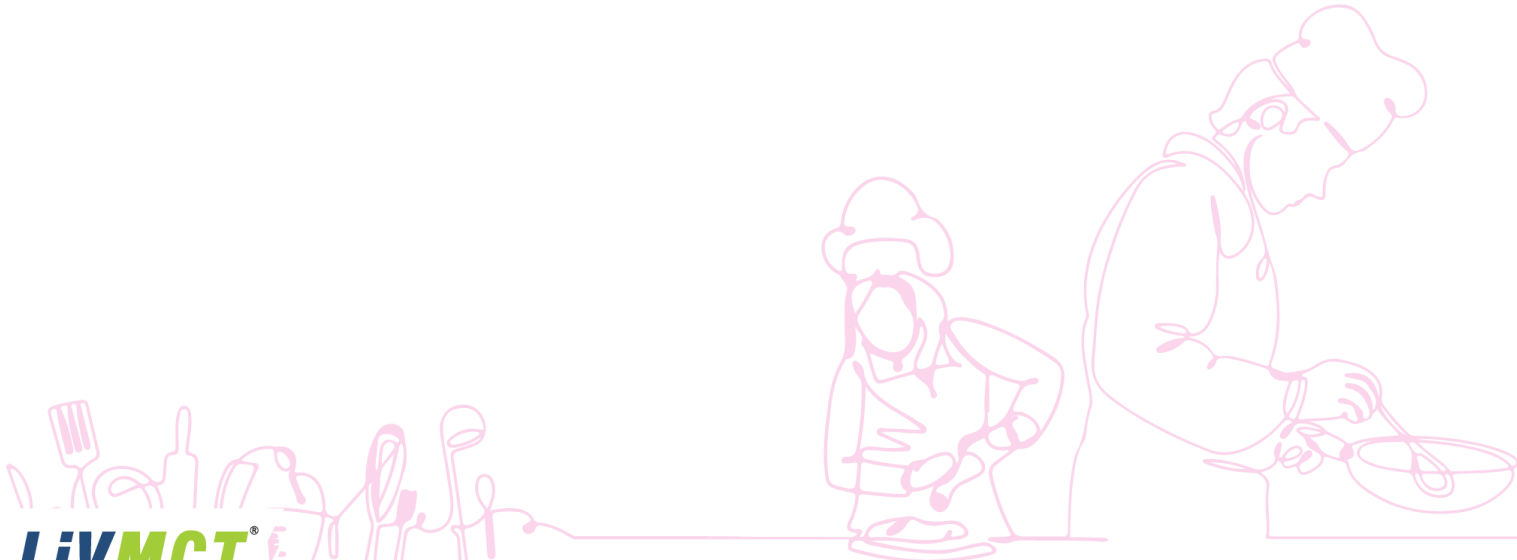
1. Take 20 gms Raw rice and roast on low flame for 2-3 minutes in a Pan.
2. Take Green Gram Dal 20 Gms and roast on low flame for 2-3 minutes.
3. Take Soya granules 5 Gms and roast it for 2-3 minutes on high flame.
4. Let the roasted items to cool at room temperature then add 1 – 2 cardamoms and grind the mixture.
5. Take 150 ml of boiled milk.
6. Make a paste of multigrain powder by adding water, sugar and SMP.
7. In pan take 150 ml of milk and add prepared thin paste.
8. Stir well while cooking for 5-6 minutes on low flame.
9. Add 10 ml water to 20 Gms LivMCT and make a paste.
10. Add LivMCT paste to Nutri while serving.



**Serving Size:** 2 Small Bowl

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
552	56.2	17.74	29.54



## Dates Roll



### Clinical Significance of the Recipe:

- Nutrient dense
- Digestive Health
- Anti-inflammatory and anti-oxidants

### Age Group of the Patients:

- 2 to 4 years
- 18 to 60 years

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Dates	50	75	20.3	3.4	1.3
2.	Almonds	5	19.3	2.9	1.1	0.3
3.	Pista	5	28.1	1.4	1	2.2
4.	Cashew	5	27.9	0.5	1.5	2.4
5.	Pumpkin seeds	5	22.3	2.7	0.9	0.9
6.	LivMCT	5	35	1.1	0.2	3.5
7.	Ghee	10	130	-	-	0.5
8.	Melon seeds	5	14.9	0.9	0.1	0.2
9.	Walnut	5	10.1	1.5	1.2	0.5
10.	flaxseeds	2.5	3.4	0.4	0.1	0.01

### Steps-

1. Remove the seeds from the dates and blend them into a paste.
2. Dry roast all the seeds and nuts properly.
3. Into a bowl, add dates puree with ghee and roast it for 2 – 5 minutes till it gets smoother.
4. Then add all the seeds and nuts and mix them properly.
5. In a bowl mix all the mixture and roll using butter paper.
6. Keep the rolls in the refrigerator for 30-45 minutes.
7. After that cut the rolls in medium size and apply LivMCT powder or sprinkle on it and serve.

**Serving Size:** 4 – 5

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
91.50	7.93	2.38	2.95

## Nutri Laddoo



### Clinical Significance of the Recipe:

- Calorie dense
- Rich in essential fatty acids.
- Easy to prepare.

### Age Group of the Patients:

- 2 to 4 years

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Almonds	50	333	28.3	11.6	20
2.	Figs	20	67.8	16.2	0.6	0.2
3.	Pumpkin Seeds	15	100	8.5	3.5	6
4.	Ghee	10	90	-	-	11
5.	LivMCT Powder	10	70	2.3	0.4	7.1

### Steps-

1. Take the Almonds – 50 Gms, Figs – 20 Gms, Pumpkin Seeds – 15 Gms, Ghee – 2 Tea Spoon and LivMCT powder – 10 Gms.
2. Fine chop the almonds and figs.
3. Now roast almonds, figs, and pumpkin seeds separately on low flame until golden brown.
4. Add ghee to the nuts and now roast for a while.
5. Cool the above ingredients and grind it in a mixture till you get a fine paste and the nuts leave the outer shell.
6. Add LivMCT powder and grind it for another few seconds (till they blend).
7. Remove the mixture in a plate and roll out laddoos of the same.

**Serving Size:** small 12 Nos. (4 servings)

### Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe

Calories	Carbs	Protein	Fats
55.07	4.61	1.34	3.69

## Nuts and Seeds Dip



### Clinical Significance of the Recipe:

- Calorie Dense
- High Protein
- High fiber.

### Age Group of the Patients:

- 2 to 60 years

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Nuts	30	200	17	7	16
2.	Curd	200	140	8.8	6.4	5
3.	Seeds	30	200	17	7	16
5.	LivMCT	20	140	4.6	0.94	14.2

- Mixed Seeds – 30 Gms (Almonds, Cashews, Walnuts)
- ½ Tablespoon Cumin Seeds
- ½ Tablespoon Coriander Powder
- ½ Tablespoon Fennel Seeds
- 1 Garlic clove
- Lemon to squeeze

### Steps-

1. 4 -5 cashew nuts, 2-3 almonds, 1 walnut, and 15 Gms of mixed seed powder. Roast them together.
2. Add Cumin, coriander powder, and coriander seeds and roast them for 10 minutes.
3. Keep 200 Gms curd hung overnight.
4. Take all the roasted nuts and seeds mixture and blend it.
5. Add 2 tablespoons of LivMCT powder and garlic and squeeze the lemon juice.
6. Stir the Yogurt in the mixture.
7. We can spread this on sandwiches or pizza or use it as a dip with Salad.



**Serving Size:** 0.25 Cup

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
680	47.4	21.34	51.2

## BCM



### Clinical Significance of the Recipe:

- Easy to digest
- Provide carb, fat, and protein
- Used for oral and tube feeding

### Age Group of the Patients:

- 2 years and above

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical care patients
- Pediatric Recipe
- Patients with Neurological disorders
- Mother care
- Malnourished patients.

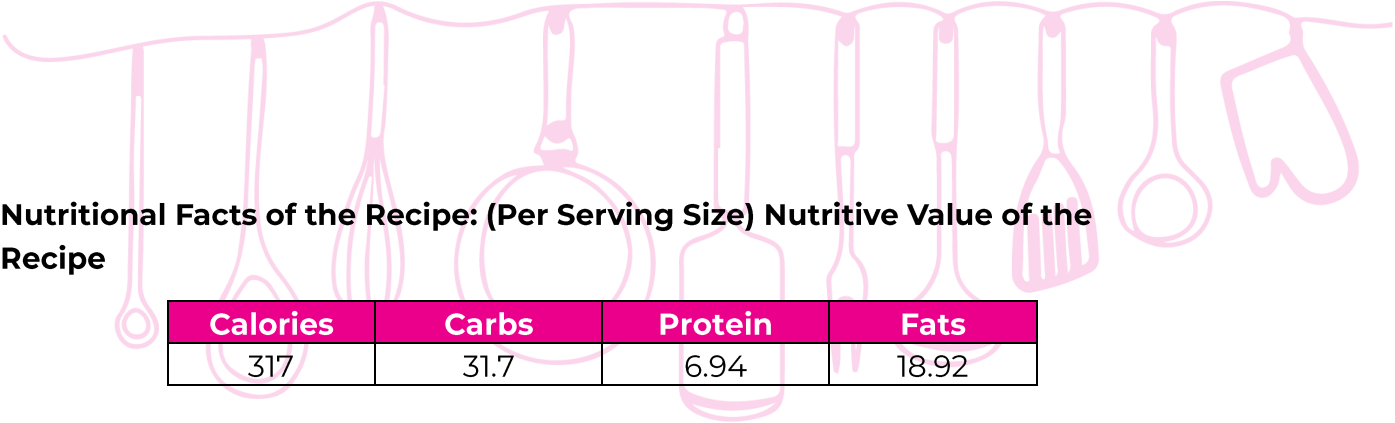
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	LivMCT	20	140	4.6	0.94	14.2
2.	Chapati	15	48	9.6	1.5	0.22
3.	Milk	150 ml	89	7.5	4.5	4.5
5.	Sugar	10	40	10	-	-
6.	Cardamom	1	-	-	-	-

### Steps-

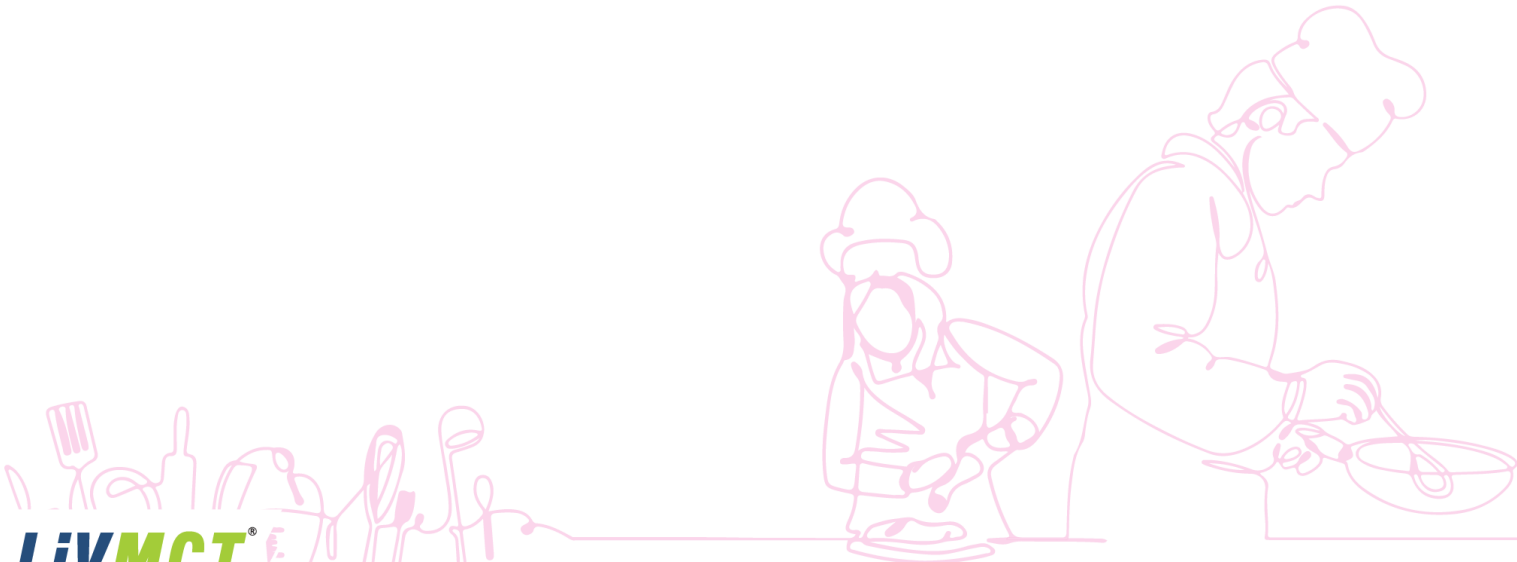
1. Take 1 Chapati and blend it in a mixer till it becomes powder.
2. Now take a little milk in the shaker
3. Add LivMCT powder and shake well.
4. Now add powdered sugar and cardamom.
5. Then add blended chapati and the remaining milk.
6. Healthy BCM is ready to eat with a creamy coconut flavor.

**Serving Size:** 1 Glass



**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
317	31.7	6.94	18.92



## Protein Packed Chocolate pudding



### Clinical Significance of the Recipe:

- Supports in growth and development
- Boosts a healthy immune system
- Maintains nutritional status
- Prevents loss of muscle mass during Chemo/ radiation therapy/

### Age Group of the Patients:

- 2 to 18 years

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Paneer	150	375	28	19	22
2.	Milk	60 ml	40	3	2	2.8
3.	Honey	50	160	40	-	-
4.	Cocoa Powder	40	163	23	1	4
5.	Dark Chocolate	60	375	24	-	27
6.	LivMCT	20	140	4.6	0.94	14.2

### Steps-

1. Cut paneer into small pieces
2. In a blender, combine pieces of paneer, milk, honey, cocoa powder, dark chocolate, and LivMCT powder.
3. Blend it well till it becomes a smooth paste.
4. Pour it in one serving dish and refrigerate it overnight or for 6 to 8 hours to set.
5. Ready to serve with either cut fruit pieces on top or dry fruits.

**Serving Size:** 4

### Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe

Calories	Carbs	Protein	Fats
299	5	30	17

## Jowar Noodles



### Clinical Significance of the Recipe:

- Fiber rich – promotes good gut health.
- Prevents constipation (Contains Complex Carbohydrates)
- No preservatives added
- Rich in Vitamins – A, C & B Complex.

### Age Group of the Patients:

- 4 to 60 years

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe
- Patients with Neurological disorders

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Jowar Flour	45	150.35	30.45	4.48	0.77
2.	Sliced Onion	37	9.46	1.10	0.76	0.09
3.	Sliced Carrot	25	8.30	0.46	0.27	0.11
4.	Capsicum	37	6.01	1.38	0.23	0.09
5.	Cabbage	37	7.95	1.20	0.50	0.04
6.	Spring Onion	25	6.39	0.74	0.51	0.06
7.	Tomato	25	4.72	0.8	0.19	0.06
8.	Green Chili	1 unit	0.77	0.14	0.05	0.01
9.	Ginger	5	2.74	0.44	0.11	0.04
10.	Garlic	5	6.15	1.09	0.34	0.008
11.	Black Paper	1.25	0.27	0.45	0.12	0.03
12.	Oregano	1.25	3.40	0.93	0.31	-
13.	LivMCT	20	140	4.6	0.94	14.2
14.	Salt	1.5	-	-	-	-
15.	oil	10	90	-	-	10

### Steps-

1. In a mixing bowl add 1 cup of jowar flour. To this flour add ½ tablespoon salt. mix the ingredients well.
2. Now in a cup add 20 Gms LivMCT powder and 60 ML water.

3. Add 65 Ml more water. Now add this water when it is Luke warm to jowar flour and kneed it into a soft dough. Give a cylinder shape to the dough.
4. Take a sev mold with big holes and grease it with oil.
5. Also grease a big plate with a little oil.
6. Place the cylinder-shaped jowar dough into the mold and close the lid.
7. Press the mold and draw the noodles in a circular motion on the greased plate.
8. Apply some oil to the drawn noodles.
9. Boil some water in the vessel and place the plate inside it for 15 minutes and steam it.
10. After 15 minutes, open the lid and let it cool for around 5 minutes.
11. Once cooked, remove the noodles from the plate and gently separate them with your hands.
12. Now, add 2 tablespoons of oil in the kadhai and heat on the medium to high flame.
13. Add 1 tablespoon of Garlic paste and ginger paste each, 1 split green chili, 37 Gms sliced onion and sauté everything together for around a minute.
14. Add 25 Gms sliced carrot, 37 Gms sliced capsicum, 25 Gms spring Onion, 25 Gms tomato and sauté on medium flame

**Serving Size:** 261 Gms

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
436.51	43.78	8.81	25.5

## Nutri Charge Smoothie



### Clinical Significance of the Recipe:

- Energy boosting
- Good for overall health except for CKD patients.
- Nutrient-rich and Anti-oxidant packed.

### Age Group of the Patients:

- 4 to 60 years

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care Patients.
- Pediatric Recipe

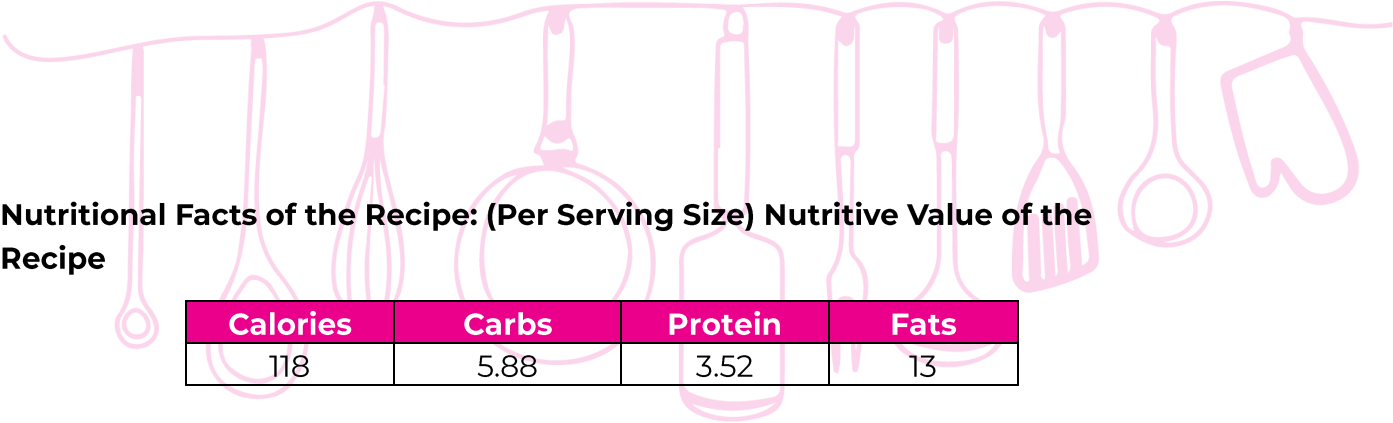
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Cashew	30	178	6.69	6.36	14.07
2.	Almonds	30	196.5	3.15	6.24	17.67
3.	Walnuts	30	206.1	3.3	4.68	19.35
4.	Raisins	20	61.6	14.92	0.36	-
5.	Figs	30	11.1	2.28	0.3	-
6.	Chia seeds	10	72.9	6.3	2.55	-
7.	Milk	236 MI	80	10	6.8	0.12
8.	LivMCT	20	140	4.6	0.94	14.2

### Steps-

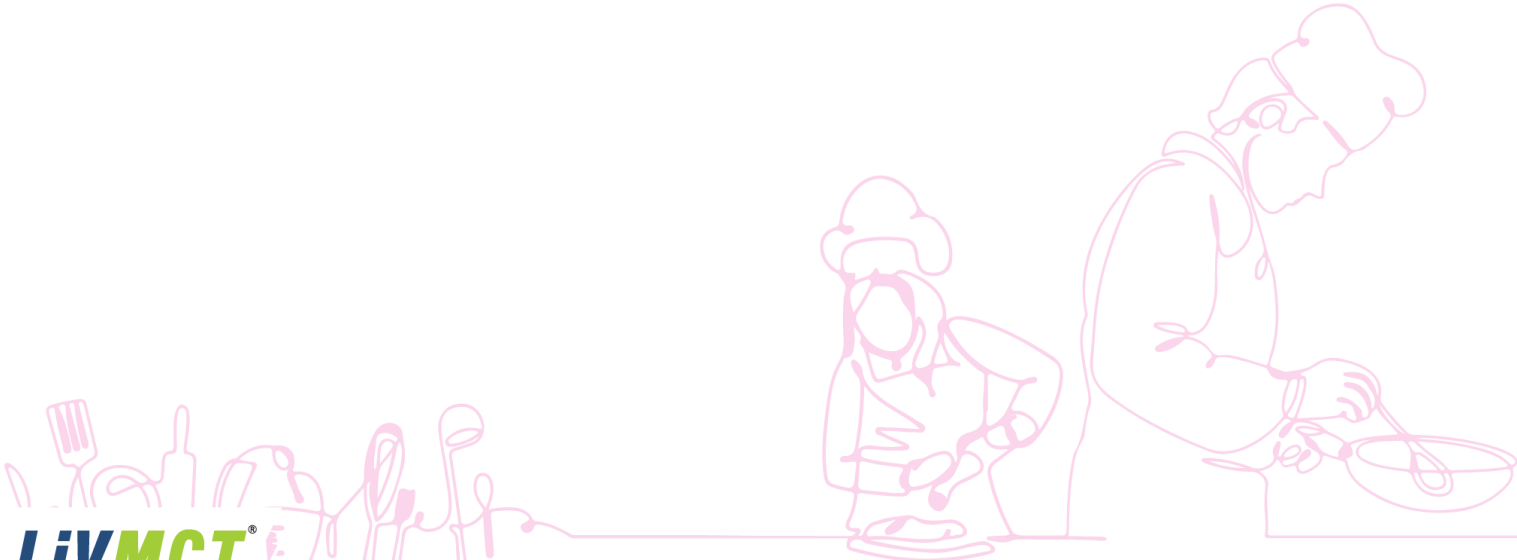
1. Soak the Cashews, Almonds and walnuts in water for 5 hours.
2. Soak Raisins and figs in another bowl for 5 hours.
3. Add 2 tablespoons of Chia seeds in  $\frac{1}{2}$  glass of water and let it rest.
4. Now remove the skin of soaked almonds and walnuts.
5. Grind all the soaked ingredients in a mixer jar and make a fine paste.
6. Add milk along with 20 Gms of LivMCT powder and blend it.
7. Lastly add soaked Chia seeds in the smoothie and garnish it with Kesar and fresh Mint.
8. Refreshing, Healthy and nutritious 'Nutri Charge' Smoothie is ready.

**Serving Size:** 50.75 Gms



**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
118	5.88	3.52	13



## Mango Patishapta



### Clinical Significance of the Recipe:

- Rich in Vitamin A & C
- Calorie dense
- Rich in protein

### Age Group of the Patients:

- 14 years above

### Application and Recommended Usage of the Recipe:

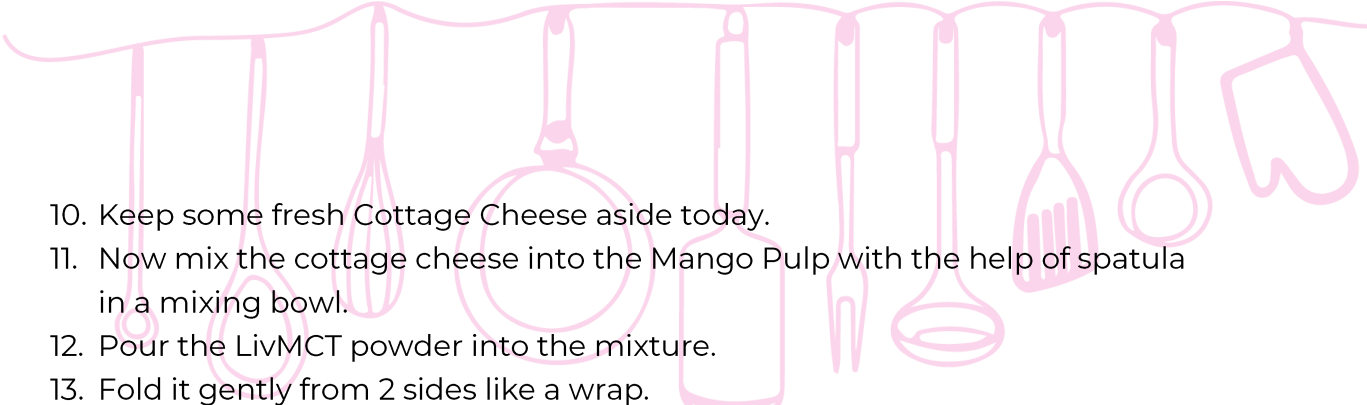
- Oncology Specific
- Pediatric Recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Mango pulp	60	36	8.98	0.24	0.31
2.	Cottage Cheese	60	50	2.04	4.8	3.2
3.	Maida	9	31	6.6	0.98	0.07
4.	Oats Flour	3	11.4	2.04	0.39	0.19
5.	Semolina	3	10.2	2.12	0.36	0.04
6.	Rice Flour	2	6.8	1.52	0.15	0.02
7.	Sugar	2	8	2	-	-
8.	Refined Oil	5	4.5	-	-	5
9.	LivMCT	4	14	0.46	0.94	1.42

### Steps-

- **For Patishapta:**
  1. Mix refined flour, oats flour, semolina, and rice flour.
  2. Make the batter by soaking them in a little amount of water.
  3. Leave the batter for 30 Minutes.
  4. Now start pouring lukewarm milk into the batter and whisking it until you have a batter that is the consistency of slightly thick.
  5. Add salt and sugar to taste.
  6. Heat the frying pan over moderate heat. Brush it with oil.
  7. Ladle some batter into the pan roasting the same, to move the mixture around for a thin and even layer.
  8. Peel all the mangoes. Take out the pulp.
  9. Blend it into smoother mixture.

- 
10. Keep some fresh Cottage Cheese aside today.
  11. Now mix the cottage cheese into the Mango Pulp with the help of spatula in a mixing bowl.
  12. Pour the LivMCT powder into the mixture.
  13. Fold it gently from 2 sides like a wrap.
  14. The Patishapta is ready to serve.

**Serving Size:** 1-2 Portions (50 Gms)

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
171.9	25.76	7.86	10.25



## Chia Pudding



### Clinical Significance of the Recipe:

- High Protein
- Anti-oxidants
- High fiber and Fat

### Age Group of the Patients:

- 14 years above

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe

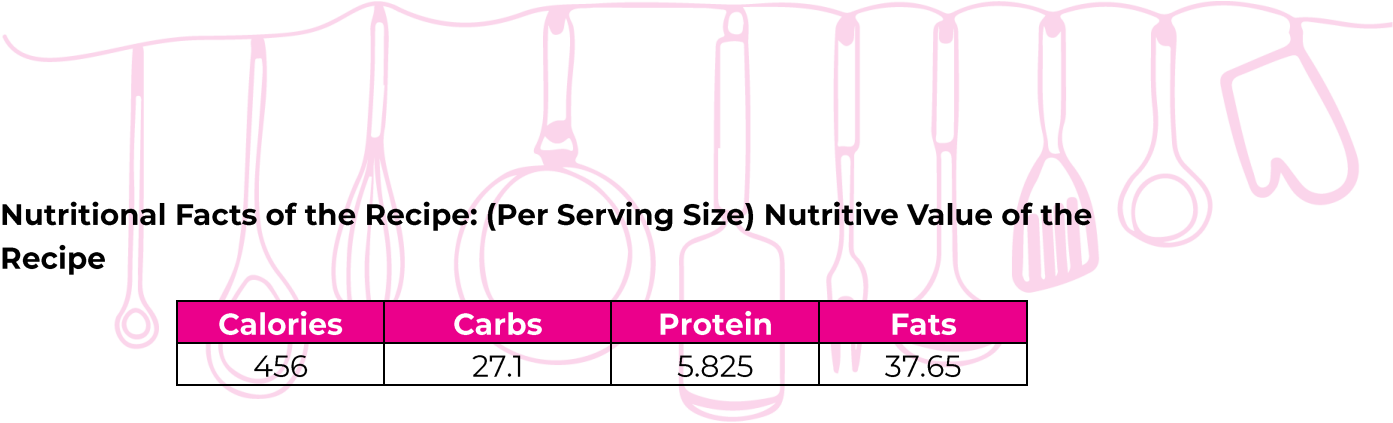
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Chia Seeds	30	147	13	5	9
2.	Coconut milk	240 ml	530	14	5.5	52
3.	Water chestnuts	30	28	6	0.2	0.1
4.	Honey	10	30	8	-	-
5.	Rose Syrup	5	18	4.6	-	-
6.	Tapioca Flour	5	19	4	-	-
7.	Lemon Grass	Few	-	-	-	-
8.	LivMCT	20	140	4.6	0.95	14.2
9.	Mint	few	-	-	-	-

### Steps-

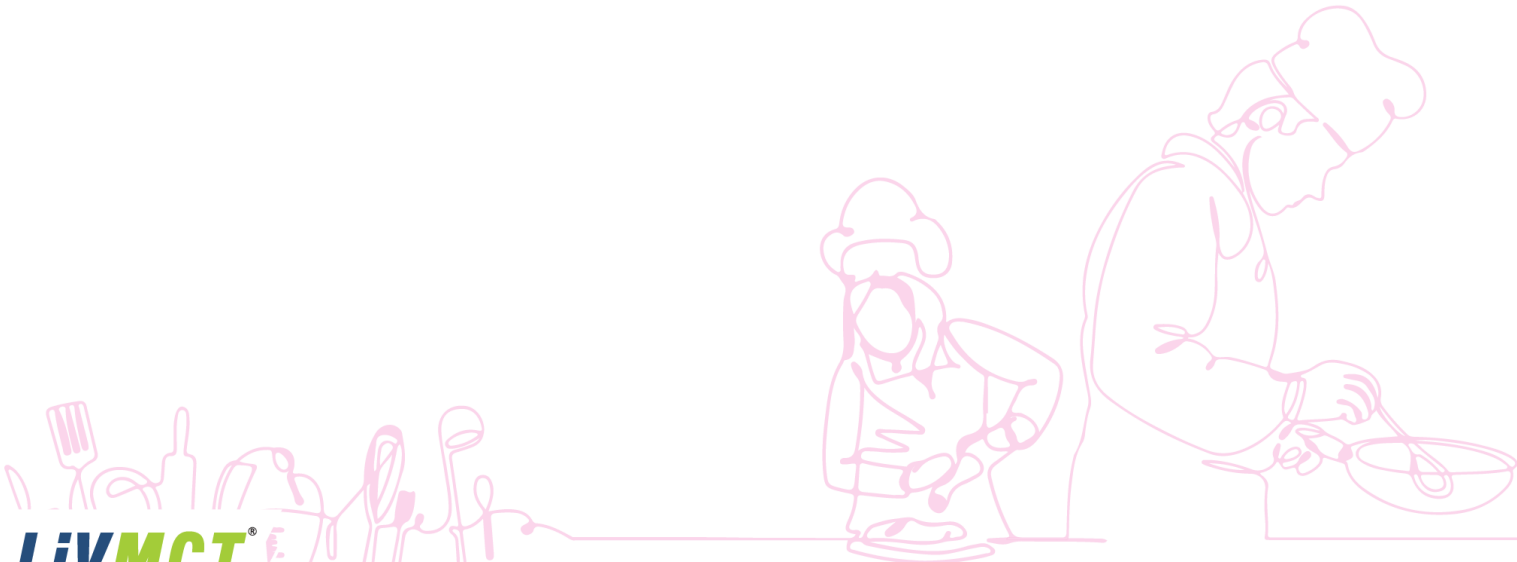
1. Cook the coconut milk Lemon Grass.
2. In a bowl mix the Chia seeds, coconut milk and LivMCT powder.
3. Mix it well and refrigerate it for at least 2 hours or overnight.
4. Coat the Water chestnut seeds with Rose syrup & tapioca flour.
5. Cook the water chestnuts in boiling water for 2-3 minutes.
6. Once they float, let them boil for another one minute.
7. Then put the water chestnuts in ice cold water, keep it for few minutes. Then keep it aside.
8. Once the pudding is thick, ass the chestnuts on the top.
9. Garnish with mint leaves.

**Serving Size:** 2 (100 Gms)



**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
456	27.1	5.825	37.65



## MCT Rich Rava Kheer



### Clinical Significance of the Recipe:

- Treating Malnutrition among critically ill patients.
- Post-surgical nutrition management
- Energy boosting capacity.

### Age Group of the Patients:

- 14 years above

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical care patients
- Pediatric Recipe
- Patients with Neurological disorders
- Patients with compromised Guts like Short Bowel Syndrome.
- Surgical patients.

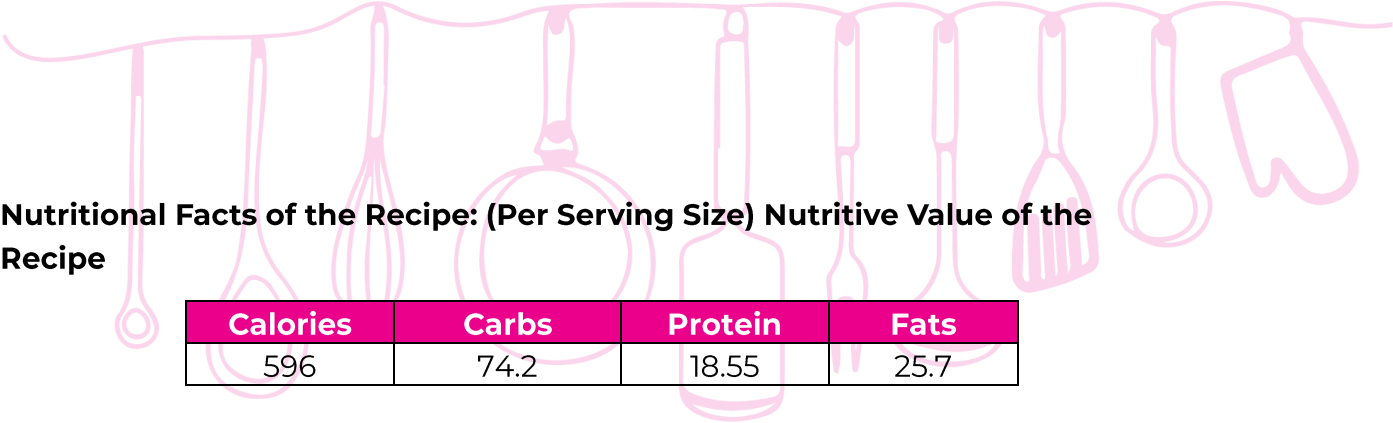
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Suji	30	100	22	4	0.3
2.	Milk	250 ml	150	13	9	5
3.	Sugar	15	58	15	-	-
4.	Milkmaid	2 Tbsp	90	17.6	2.6	1.2
5.	LivMCT	20	140	4.6	0.95	14.2
6.	Almonds	5 pcs	58	2	2	5

### Steps-

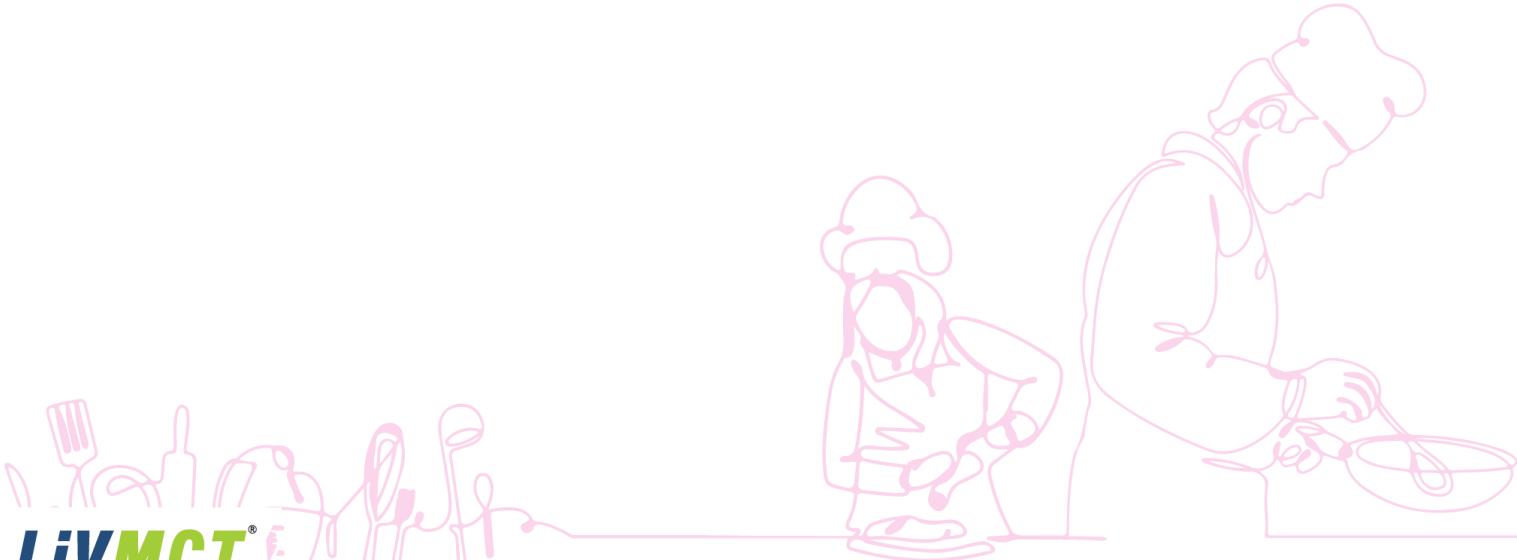
1. At first add the measured amount of Suji in a dry pan for dry roast for ample of minutes.
2. Then add milk in it and stir it well.
3. After that add sugar and 2 tablespoon of milkmaid in it and mix well. And cook for 8-10 minutes.
4. Add a 20 Gms sachet of LivMCT in it and mix it well in low flame.
5. MCT Rava Kheer is ready to serve.
6. Before serving add some Almond slices on it to make the kheer more nutritios and alternative to patient and also for children.

**Serving Size:** 200 Gms



**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
596	74.2	18.55	25.7



## Healthy Banana Cake Fortified with LivMCT



### Clinical Significance of the Recipe:

- Rich in Dietary Fiber
- Good source of potassium, vitamins, and minerals as well.
- Energy boost.

### Age Group of the Patients:

- 2 years and above

### Application and Recommended Usage of the Recipe:

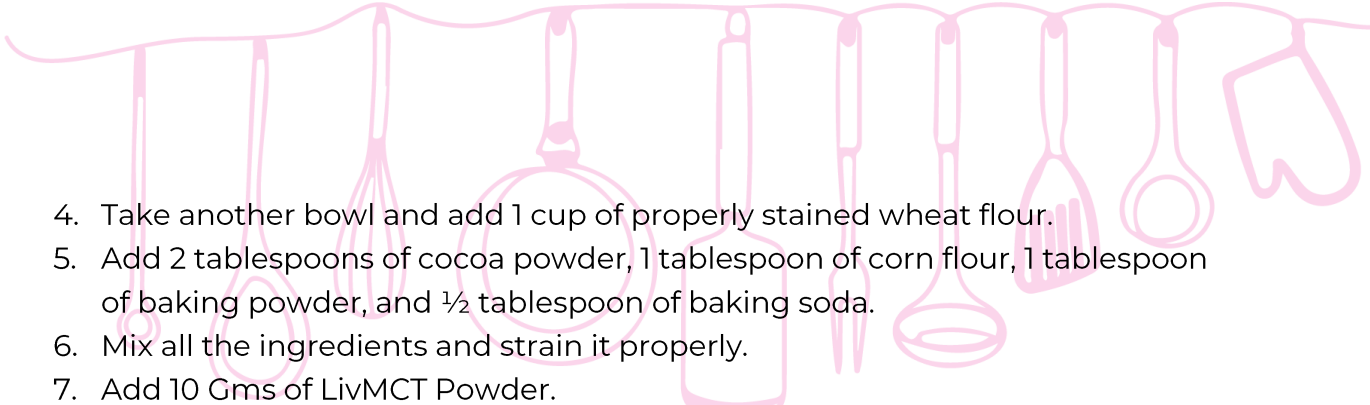
- Oncology Specific
- Diet for Critical care patients
- Pediatric Recipe
- Patients with Neurological disorders

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Banana	270	210	56	2	0
2.	Egg	1	78	0.56	6.2	5.3
3.	What Flour	1 Cup	339	270	3	0.10
4.	Sugar	½ Cup	200	50	-	-
5.	Oil	¼ Cup	180	-	-	14
6.	Milk	¼ Cup 2 Tbsp	27	3	2	2
7.	Cocoa Powder	1 tbsp	-	-	-	-
8.	Corn flour	1 Tbsp	-	-	-	-
9.	Baking powder	1 Tsp	-	-	-	-
10.	Baking soda	½ Tsp	-	-	-	-
11.	Almonds	5 pcs	-	-	-	-
12.	Cashew	5 Pcs	-	-	-	-
13.	Raisins	5 Pcs	-	-	-	-
14.	LivMCT	20	140	4.6	0.94	14.2

### Steps-

1. At first take 2 Pcs of Banana and mash it in in a bowl.
2. Add ½ cup sugar powder and mix it.
3. Add one whole egg and mix it properly with the help of a spatula.

- 
4. Take another bowl and add 1 cup of properly stained wheat flour.
  5. Add 2 tablespoons of cocoa powder, 1 tablespoon of corn flour, 1 tablespoon of baking powder, and ½ tablespoon of baking soda.
  6. Mix all the ingredients and strain it properly.
  7. Add 10 Gms of LivMCT Powder.
  8. Add smashed banana ¼ cup of milk and ¼ cup of oil along with some dry fruits.
  9. Mix the ingredients and pour the ready cake batter in an 8" pan greased with oil.
  10. Bake the batter at 170 degrees Celsius for 35 – 45 minutes in a preheated oven.
  11. Healthy nutritious Banana Cake fortified with LivMCT is ready to serve!

**Serving Size:** 1

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
1174	384.16	14.14	35.6

## Lemon Rice



### Clinical Significance of the Recipe:

- Vitamin C is an antioxidant, that protects the cells from change.
- Peanuts are a source of mono-unsaturated fatty acid.
- Chickpeas have a low glycemic index.

### Age Group of the Patients:

- 4 years and above

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe
- Patients with Neurological disorders

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Rice	50	178	39	4.51	0.41
2.	Peanuts	10	34.5	6	2.2	0.25
3.	Chickpeas	10	34.5	6	2.2	0.25
4.	Oil	10ml	90	-	-	-
5.	Lemon juice	1-2 tbsp	-	-	-	-
6.	Turmeric powder	½ Tsp	-	-	-	-
7.	Curry leaves	9-10	-	-	-	-
8.	Mustard seeds	½ Tsp	-	-	-	-
9.	Dry red chili	1	-	-	-	-
10.	LivMCT	20	140	4.6	0.94	14.2

### Steps-

1. Cook the measured rice and set it aside
2. Take 2 tablespoons oil in a preheated pan.
3. Add ½ tablespoon mustard seeds, 1 dry red chili, 9 – 10 curry leaves, 1 teaspoon peanuts, and 1 teaspoon chickpeas in the pan.
4. Add the cooked rice in the fried ingredients.
5. Add ½ teaspoon turmeric powder and salt as per the taste.
6. Sauté for 2-3 minutes.
7. Add 1-2 tablespoons Lemon juice in the rice and mix it well.
8. Turn off the gas and let it cool.
9. Add the livMCT powder to the rice.



10. Lemon rice with LivMCT powder is ready to serve.

**Serving Size:** 105 Gms

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
477	55.6	9.85	15.11

## Phool Makhana Kheer



### Clinical Significance of the Recipe:

- Calorie dense
- Protein rich
- Rich in Calcium
- Low Glycemic Index
- Galick Acid and Chlorogenic acids are some beneficial antioxidant substances found in Makhana play a role in reducing the risk of heart disease, cancer.

### Age Group of the Patients:

- 14 years and above

### Application and Recommended Usage of the Recipe:

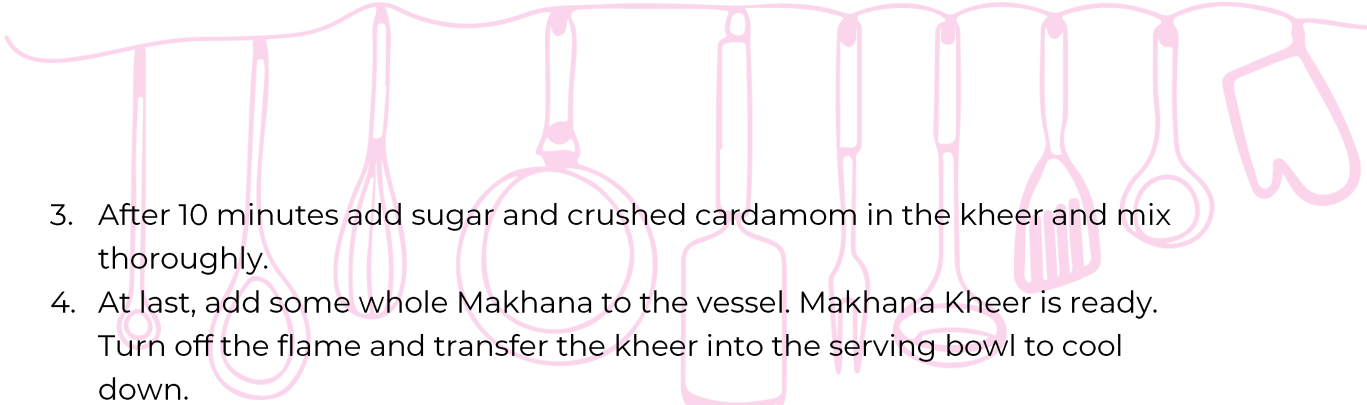
- Oncology Specific
- Pediatric Recipe
- Pregnant women

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Double toned milk	500 ML	217.5	22	15.5	7.5
2.	Makhana	60	315	69	9	0.09
3.	Sugar	2 ½ Tbsp	150	31.5	-	-
4.	Ghee	1 Tsp	45	-	-	5
5.	Cardamom Powder	1 Tsp	12.45	2.10	0.51	0.11
6.	Cashew	4 – 5 Pcs	29.8	1.11	1.06	2.34
7.	Raisins	8 Pcs	5.98	1.58	0.062	0.01
8.	Almonds	4 – 5 Pcs	32.75	0.52	1.04	2.94
9.	LivMCT	20	140	4.6	0.94	14.2

### Steps-

1. Firstly, roast Makhana and a few cashews in a pan with a tablespoon of ghee in a pan for 3-4 minutes by stirring constantly till they become light brown and then transfer in a grinder. Grind them into a fine paste.
2. Now place the milk in a vessel to simmer. Add a fine paste of Makhana and Cashews in the vessel as the milk starts boiling. Mix and cook the kheer in the open till it becomes thick.

- 
3. After 10 minutes add sugar and crushed cardamom in the kheer and mix thoroughly.
  4. At last, add some whole Makhana to the vessel. Makhana Kheer is ready. Turn off the flame and transfer the kheer into the serving bowl to cool down.
  5. After cooling add LivMCT powder.
  6. Garnish the Kheer with Raisins, Cashews and Almonds pieces.

**Serving Size:** 3

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
316.16	44.14	9.37	10.73

## MCT Vermicelli Fruit Custard



### Clinical Significance of the Recipe:

- Good source of Nutrients
- Helps in weight management
- Easy to digest

### Age Group of the Patients:

- 14 to 18 years

### Application and Recommended Usage of the Recipe:

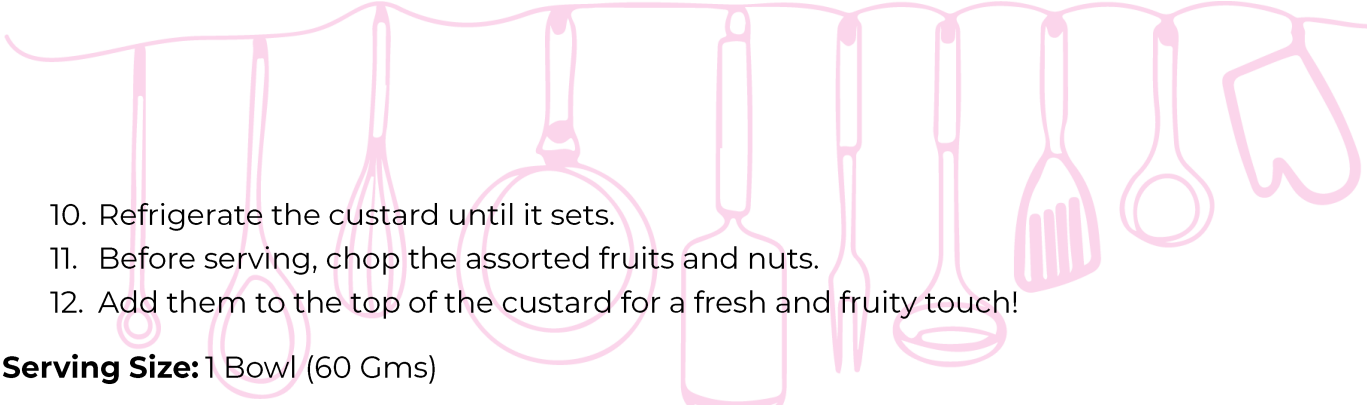
- Pediatric Recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Vermicelli	25	88	19.6	2.2	0.1
2.	Ghee	10	90	-	-	10
3.	Milk	200ml	134	8.9	6.4	8.2
4.	Almond	10	34	1.05	2.08	5.8
5.	Cashew	10	60	2.23	2.12	4.69
6.	Apple	80	38	10.72	0.16	0.4
7.	Mango	100	60	16.9	0.6	0.4
8.	Pomegranate	100	83	14.5	1.6	0.1
9.	Lime	80	34	7.44	0.64	0.24
10.	Custard Powder	20	75	17.6	0.2	-
11.	LivMCT Powder	20	140	4.6	0.95	14.2
12.	Sugar	50	200	49.7	0.05	-

### Steps-

1. In a pan dry roast Vermicelli and nuts until golden brown. Keep it aside.
2. Then heat the Vermicelli, bay leaf and Cardamom.
3. Once it comes to a boil, reduce the flame and let it simmer.
4. Dissolve the custard powder in a little milk to form a smooth paste.
5. Slowly add the custard paste to the simmering milk while stirring continuously to avoid lumps.
6. Add sugar to the milk and custard mixture.
7. Keep stirring until the custard thickens. Let it cool.
8. Add the LivMCT powder.
9. Layer the fruits and vermicelli custard layer in a serving bowl.

- 
10. Refrigerate the custard until it sets.
  11. Before serving, chop the assorted fruits and nuts.
  12. Add them to the top of the custard for a fresh and fruity touch!

**Serving Size:** 1 Bowl (60 Gms)

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
1036	153.24	17	44.13



## Sandesh



### Clinical Significance of the Recipe:

- Cottage Cheese – Casein is a complete protein and has all essential Amino Acids.
- MCT – (Fat Source) – A source of energy, it is odorless, tasteless and colorless.
- Dessert stimulates the release of endorphins in our body that promote the feeling of pleasure.

### Age Group of the Patients:

- 4 to 14 years

### Application and Recommended Usage of the Recipe:

- Pediatric Recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Double Toned Milk	500 ml	233.5	25	16.5	7.5
2.	Vinegar	2 Tsp	-	-	-	-
3.	Powdered Sugar	3 Tsp	60	15	-	-
4.	LivMCT Powder	20	140	4.6	0.95	14.2

### Steps-

1. Boil the milk.
2. Mix 2 Teaspoon Vinegar with 1/4<sup>th</sup> cup of water.
3. Curdle the milk with Vinegar (Already diluted with water).
4. Strain on a Muslin cloth or strainer.
5. Knead the cheese.
6. Add powdered Sugar.
7. Add LivMCT powder and mix well.
8. Roll into small balls and garnish with Saffron.

### Serving Size: 1

### Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe

Calories	Carbs	Protein	Fats
433.5	44.6	17.45	21.7

## Oats and Chia Pudding with Fruits, Nuts and Honey



### Clinical Significance of the Recipe:

- It is a healthy food loaded with good Protein, fat, and carbohydrate sources.
- It is a good source of Fiber and omega-3 Fatty acids.
- This recipe is good for heart health, reduces Cholesterol levels, and promotes gut health.
- It can help in weight management and is good for diabetic patients.
- Good source of protein, iron, zinc, fiber, selenium Omega-3 fatty acid, and Calcium. That is why it is good for malnutrition patients, children, and pregnant women.

### Age Group of the Patients:

- Suitable for all age groups.

### Application and Recommended Usage of the Recipe:

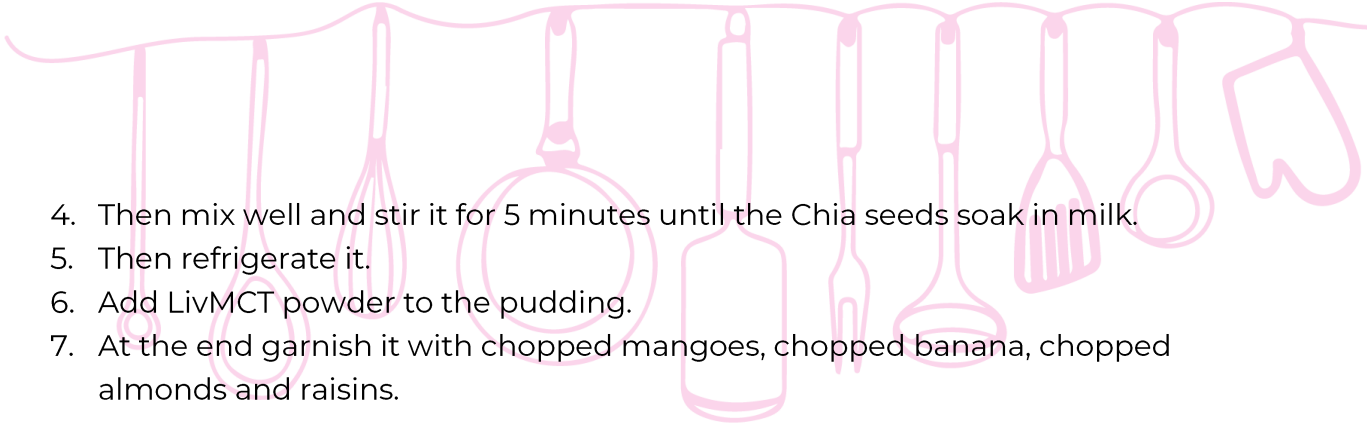
- Pediatric Recipe
- Weight management
- Type II diabetes
- Malnutrition
- pregnancy

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Oats	40	152	27.1	4.6	3.6
2.	Chia Seeds	45	62.1	5.4	2.1	3.9
3.	Low Fat Milk	200 ml	70	10.26	6.28	0.16
4.	Honey	5	21	5.8	-	-
5.	Fruits	50	50	12.5	-	-
6.	Almonds	3 pcs	21	0.71	-	1.82
7.	Raisins	3 pcs	5	1.24	0.05	0.01
8.	LivMCT Powder	20	140	4.6	0.95	14.2

### Steps-

1. first, add low-fat milk – 200 ml in a bowl.
2. then add 2 -3 teaspoons of Chia Seeds.
3. Add ½ cup crushed oats and 1 teaspoon of honey.

- 
4. Then mix well and stir it for 5 minutes until the Chia seeds soak in milk.
  5. Then refrigerate it.
  6. Add LivMCT powder to the pudding.
  7. At the end garnish it with chopped mangoes, chopped banana, chopped almonds and raisins.

**Serving Size:** 1 Medium bowl

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
521.1	67.61	13.98	23.69

## Chenna Malai Cake



### Clinical Significance of the Recipe:

- Milk and Chenna are sources of protein and Calcium. Protein is essential for a Child's growth. Calcium is needed for strengthening bones and teeth.
- Semolina consists of carbohydrates and protein. Carbohydrates gives energy.
- Sugar is a source of energy.

### Age Group of the Patients:

- 4 to 14 years

### Application and Recommended Usage of the Recipe:

- Pediatric Recipe

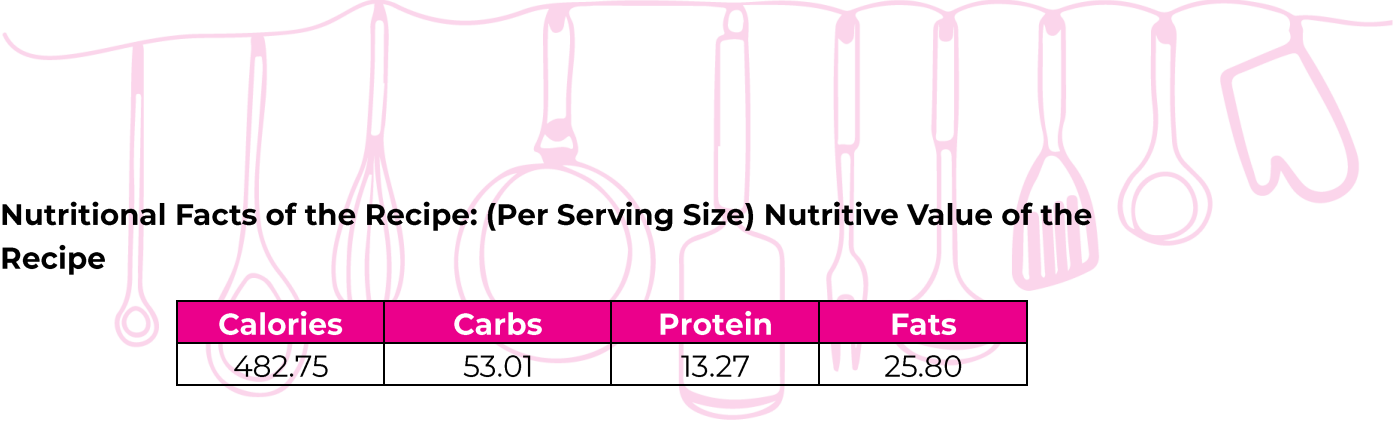
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Chenna	40	106	0.46	7.32	8.32
2.	Semolina (Suji)	25	87	18.7	2.6	0.2
3.	Sugar	25	99.5	24.85	-	-
4.	Cow milk	75	50.25	4.4	2.4	3.075
5.	LivMCT Powder	20	140	4.6	0.95	14.2

### Steps-

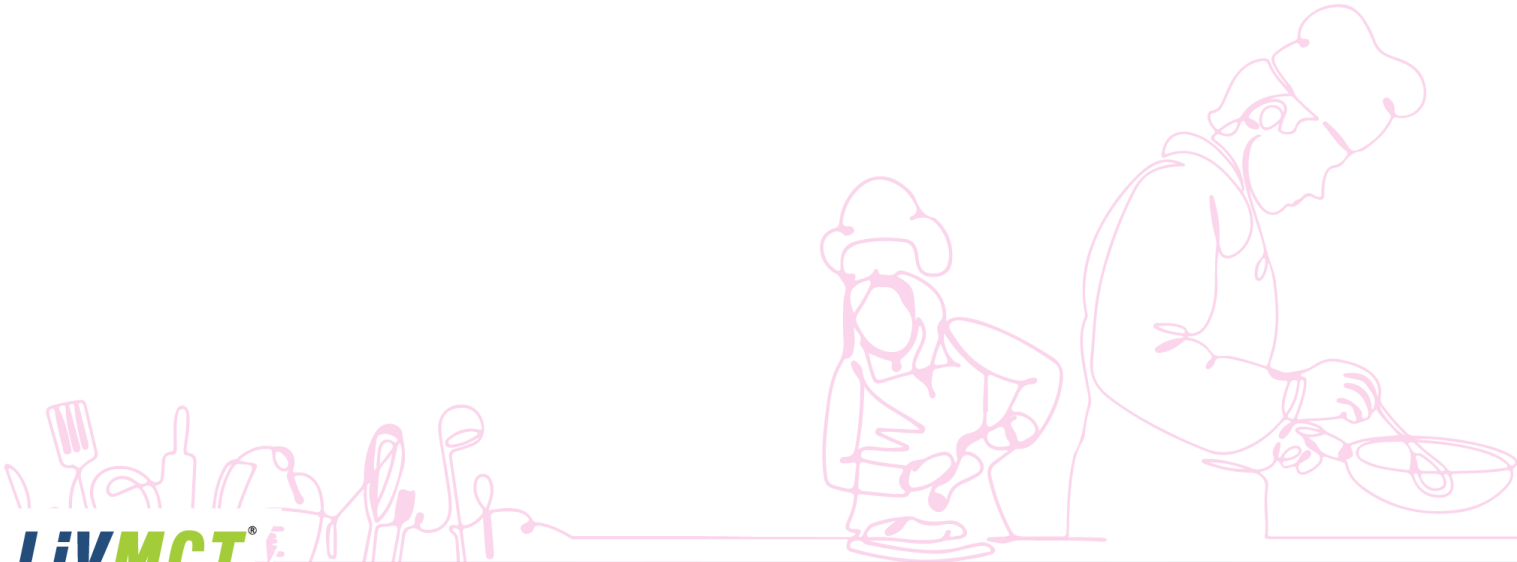
1. Put Chenna in a mixer grinder and grind the chenna to make a paste. Put the paste in a bowl.
2. Make a paste of Semolina and sugar with 100 ml water.
3. Mix the Semolina – Sugar paste and Chenna paste thoroughly.
4. Put the mixture in a cake pan and steam-bake the cake in a gas oven for 20 minutes.
5. Make the malai by heating milk and a bit of sugar until we get a thick consistency.
6. Add 20 grams of LivMCT powder in the cooled Malai.
7. Put the baked cake on a plate, cut it into pieces, and pour the malai on it.
8. The delicious and healthy 'Chenna- Malai Cake is ready to serve!

**Serving Size:** 4



**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
482.75	53.01	13.27	25.80



## Beetroot Gulab Jamun



### Clinical Significance of the Recipe:

- Beetroot is rich in fiber.
- Rich in Vitamin B9, Manganese, Iron, Potassium and Vitamin C.
- High Protein

### Age Group of the Patients:

- 4 to 14 years
- Adults

### Application and Recommended Usage of the Recipe:

- Pediatric Recipe

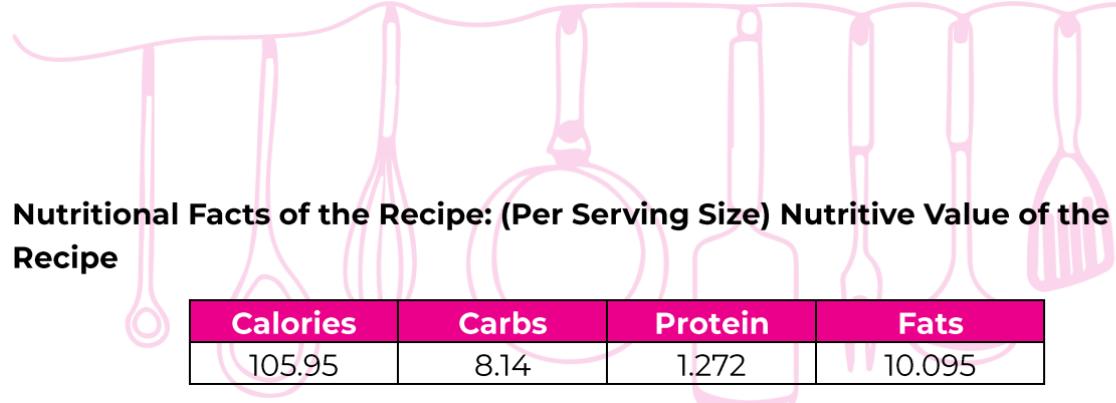
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Beetroot	200	140	28	3	0.6
2.	Khoa	100	379	22.9	17.9	74
3.	Sugar	100	400	100	-	-
4.	Mix Dryfruits	20	100	6.5	3	6.5
5.	Dried Coconut	10	60	0.8	0.6	6.6
6.	LivMCT Powder	20	140	4.6	0.94	14.2
7.	Ghee	10	900	-	-	100

### Steps-

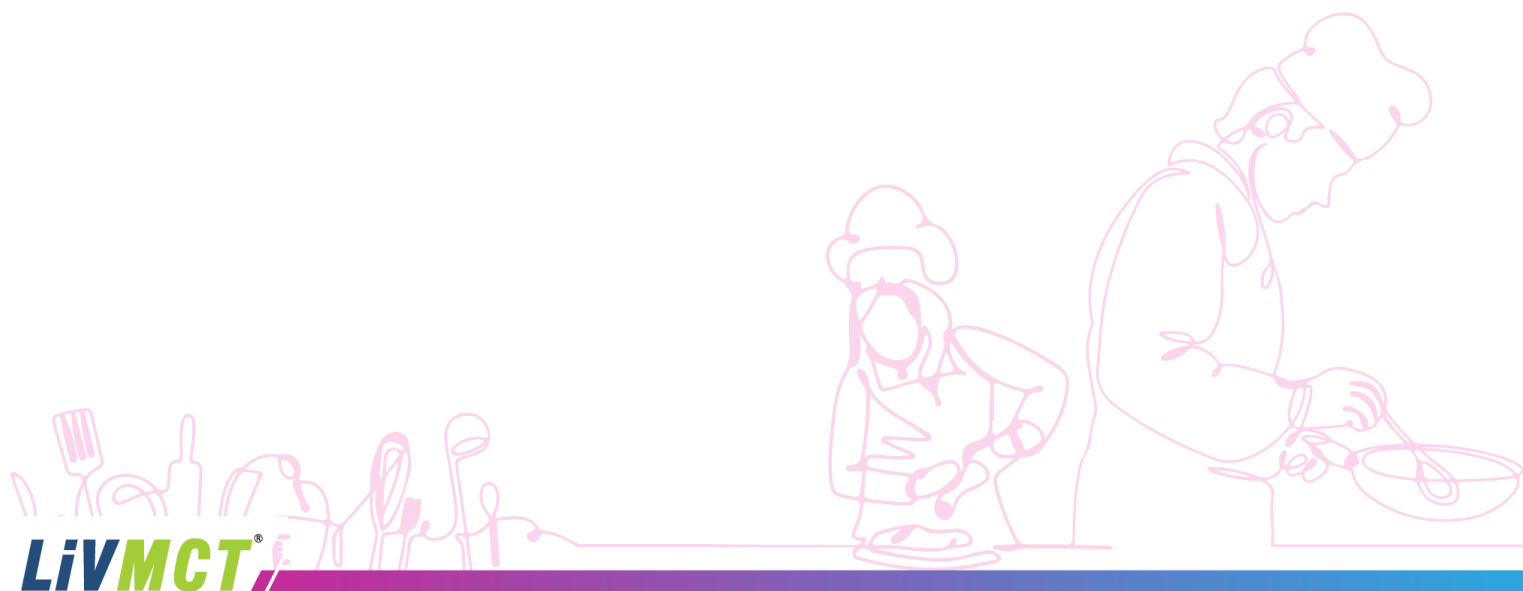
1. First add ghee to the pan and heat it.
2. Then add grated Beetroot and fry well.
3. Add sugar and mix well.
4. After roasting well add Khoa and dry fruits to it and fry until it is mixed properly.
5. Then turn off the flame and keep the mixture to cool.
6. After the mixture cools down, mix LivMCT powder into it.
7. Make small Gulab Jamun of it.
8. Roll the Gulab Jamun in grated coconut and serve!

**Serving Size:** 20 Pcs



**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
105.95	8.14	1.272	10.095



## Healthy Nutricharge Khichadi Kadhi



### Clinical Significance of the Recipe:

- Rich in fiber
- Low in Glycemic Index
- Gluten free
- Sugar-free

### Age Group of the Patients:

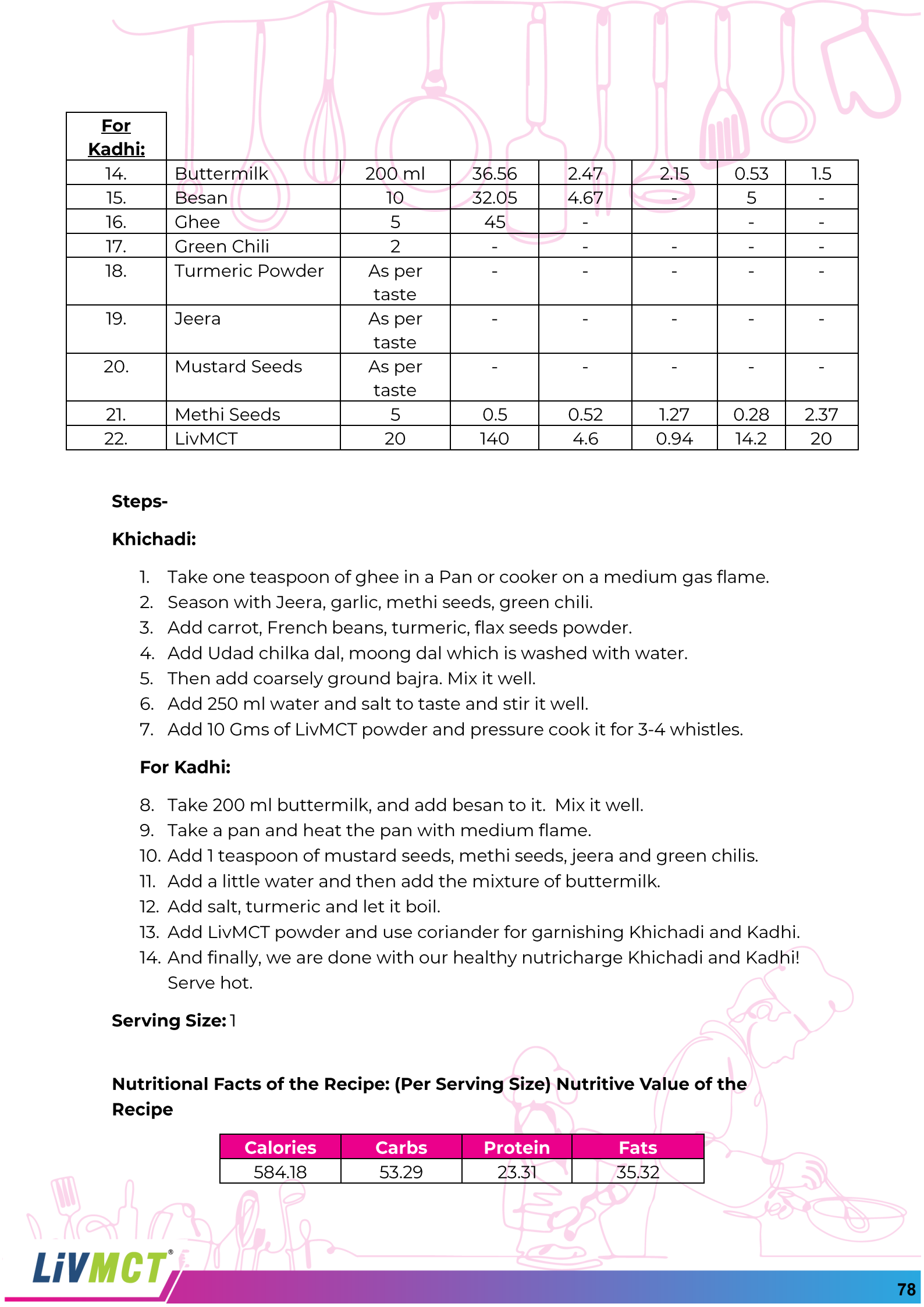
- 2 years and above

### Application and Recommended Usage of the Recipe:

- Pediatric Recipe
- Diabetic patients
- Lactating women
- Weight management
- Geriatric patients
- Management of constipation.

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)	Fiber (gm)
<b>For Khichadi:</b>							
1.	Bajara	30	101.78	18.53	3.27	1.62	3.44
2.	Chilka Udad Dal	15	46.2	7.65	3.45	0.2	3.06
3.	Chilka Moong Dal	15	47.64	7.88	3.58	0.20	2.55
4.	French Beans	25	5.66	2.68	2.49	0.26	1.09
5.	Carrot	25	8.71	1.67	0.26	0.11	1.12
6.	Ghee	5	45	-	-	5	-
7.	Garlic	2-3 Cloves	-	-	-	-	-
8.	Green Chili	2 Pcs	-	-	-	-	-
9.	Jeera	As per taste	-	-	-	-	-
10.	Methi Seeds	5	9.68	0.52	1.27	0.28	2.37
11.	Salt	As per taste	-	-	-	-	-
12.	Turmeric Powder	As per taste	-	-	3	5.4	-
13.	Flax Seeds Powder	10	65.4	2.1	1.63	2.24	-



<b>For Kadhi:</b>							
14.	Buttermilk	200 ml	36.56	2.47	2.15	0.53	1.5
15.	Besan	10	32.05	4.67	-	5	-
16.	Ghee	5	45	-	-	-	-
17.	Green Chili	2	-	-	-	-	-
18.	Turmeric Powder	As per taste	-	-	-	-	-
19.	Jeera	As per taste	-	-	-	-	-
20.	Mustard Seeds	As per taste	-	-	-	-	-
21.	Methi Seeds	5	0.5	0.52	1.27	0.28	2.37
22.	LivMCT	20	140	4.6	0.94	14.2	20

## Steps-

### Khichadi:

1. Take one teaspoon of ghee in a Pan or cooker on a medium gas flame.
2. Season with Jeera, garlic, methi seeds, green chili.
3. Add carrot, French beans, turmeric, flax seeds powder.
4. Add Udad chilka dal, moong dal which is washed with water.
5. Then add coarsely ground bajra. Mix it well.
6. Add 250 ml water and salt to taste and stir it well.
7. Add 10 Gms of LivMCT powder and pressure cook it for 3-4 whistles.

### For Kadhi:

8. Take 200 ml buttermilk, and add besan to it. Mix it well.
9. Take a pan and heat the pan with medium flame.
10. Add 1 teaspoon of mustard seeds, methi seeds, jeera and green chilis.
11. Add a little water and then add the mixture of buttermilk.
12. Add salt, turmeric and let it boil.
13. Add LivMCT powder and use coriander for garnishing Khichadi and Kadhi.
14. And finally, we are done with our healthy nutricharge Khichadi and Kadhi!  
Serve hot.

### Serving Size: 1

### Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe

Calories	Carbs	Protein	Fats
584.18	53.29	23.31	35.32

## Little Millet Pancakes



### Clinical Significance of the Recipe:

- High Dietary Fiber
- Antioxidants
- Iron Rich

### Age Group of the Patients:

- 4 to 14 years

### Application and Recommended Usage of the Recipe:

- Pediatric Recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Little Millet Flour	40	173	32.94	5.05	2.94
2.	Banana	288 (3Units)	300	67.38	3.48	0.9
3.	LivMCT	20	140	4.6	0.94	14.2

### Steps-

1. Peel and mash bananas in a bowl.
2. Add Vanilla essence, little millets flour, baking powder and cinnamon powder directly to the bowl.
3. Add milk and whisk well to form smooth batter.
4. Add 20 Gms LivMCT powder to batter and mix it well.
5. Brush the cast iron pan with some oil and spread a ladle full of batter and cook for 2-3 minutes.
6. Dip and apply some more batter for 2-3 minutes more.
7. Transfer in serving plate and drizzle some colorful sprinkles, banana slices and colourful fruits.

### Serving Size: 3

### Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe

Calories	Carbs	Protein	Fats
204.33	34.97	3.16	6.01

## Vanilla Custard Pudding



### Clinical Significance of the Recipe:

- Applicable for Chronnic Kidney Disease Kidney Disease patients
- Applicable for Nephrotic patients.
- Applicable for neurological disorders patients.

### Age Group of the Patients:

- 2 to 4 years

### Application and Recommended Usage of the Recipe:

- Pediatric Recipe
- Patients with Neurological disorders.

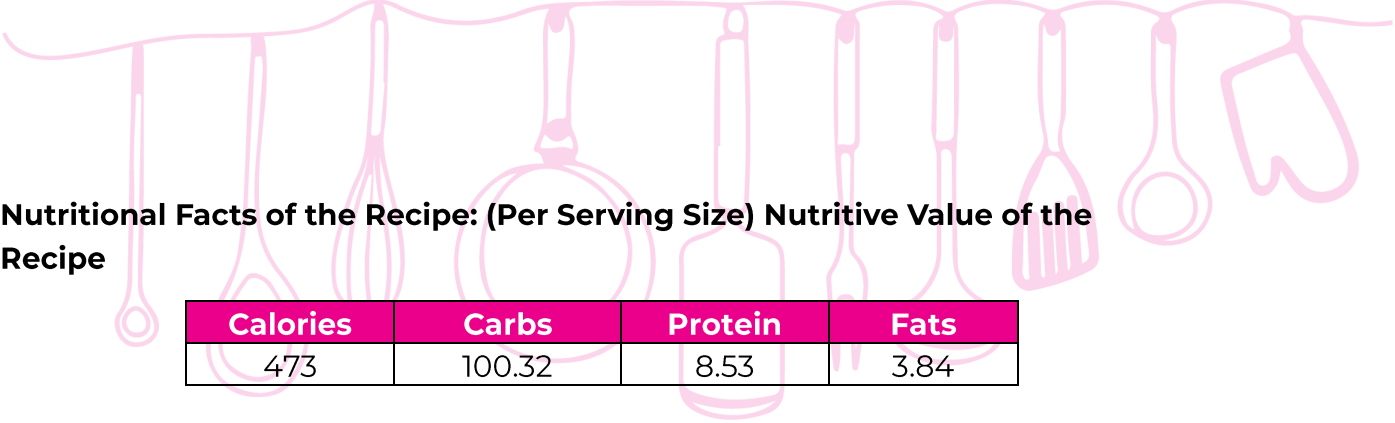
### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Milk	300 ml	180	19	10	10
2.	Custard Powder	30	-	-	-	-
3	Sugar	30	120	30	-	-
4.	Vanilla Essence	2 ml	-	-	-	-
5.	LivMCT	20	140	4.6	0.94	14.2

### Steps-

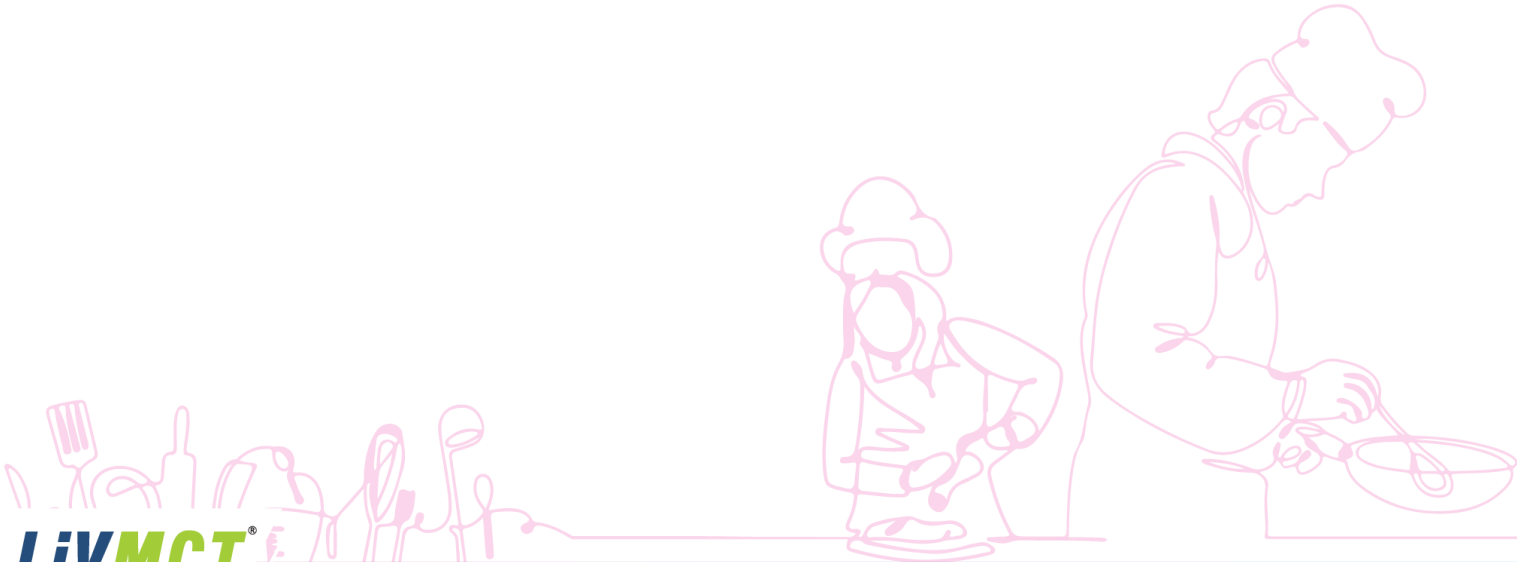
1. Make a easy and quick vanilla custard pudding. This is Kids' favorite dish.
2. Its texture is so soft and silky smooth. Just Four ingredients are used to make this pudding.
3. Add lukewarm milk to saucepan with custard powder, sugar and vanilla essence.
4. Then mixing these ingredients, keep stirring continuously.
5. Cook gently over a low flame until the custard thickens.
6. When you can see the pudding is smooth and creamy.
7. Then add LivMCT powder.
8. Then cover it immediately when it is cool down keep it in the fridge.
9. After 2-3 hours pudding is ready to serve.

**Serving Size:** 70 Gms



**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
473	100.32	8.53	3.84



## Nagali Cake



### Clinical Significance of the Recipe:

- MCT Oil – Aiding for fat absorption issues, weight management.
- Nagali having vitamin C, Vitamin E and Vitamin B-Complex, iron, calcium, antioxidants, protein, fibers and unsaturated fats.

### Age Group of the Patients:

- 14 – 18 years

### Application and Recommended Usage of the Recipe:

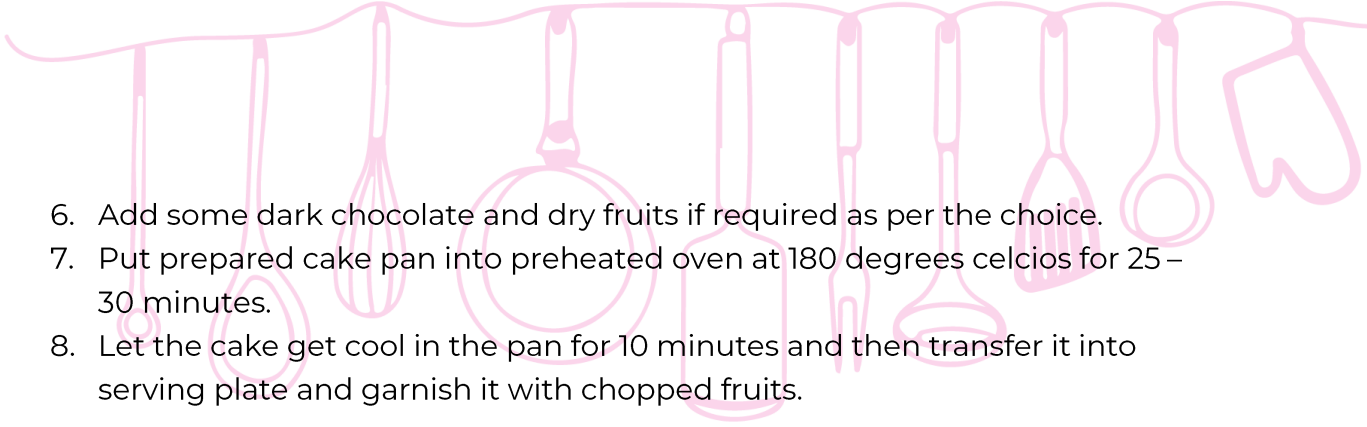
- Pediatric Recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Nagali Flour	150	480	105	11	1.87
2.	Wheat Flour	100	320	64	12	-
3.	Jaggary	100	352	84	-	-
4.	Cocoa Powder	30	24	2.6	2	1
5.	Milk	250 ml	150	7.4	7.5	10
6.	Egg	50	67	-	7	5
7.	Baking Soda	3	-	-	-	-
8.	Baking Powder	5	2.4	1.1	-	-
9.	Dark Chocolate	30	165	15	3	15
10.	Dry Fruits	30	221.8	30.73	5.13	10.56
11.	Ghee	15	130	-	-	15
12.	LivMCT	20	140	4.6	0.94	14.2

### Steps-

1. Place a strainer on the top and add the ingredients like Nagali flour, wheat flour, cocoa powder and mix it well.
2. In another bowl, beat the egg then put the beaten egg in the flour mixture add melted jaggary and cow milk. Then mix all the ingredients to a certain thickness.
3. Add baking soda, baking powder and add the MCT oil powder and mix well.
4. Put some handmade cow ghee in the batter and mix well.
5. Grease the cake pan with ghee, then pour the batter into the prepared pan.

- 
6. Add some dark chocolate and dry fruits if required as per the choice.
  7. Put prepared cake pan into preheated oven at 180 degrees celcius for 25 – 30 minutes.
  8. Let the cake get cool in the pan for 10 minutes and then transfer it into serving plate and garnish it with chopped fruits.

**Serving Size:**

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
2052.2	314.43	48.57	72.63

## Multigrain Upma with LivMCT Powder



### Clinical Significance of the Recipe:

- A great source of healthy Carbohydrates.
- Improves immunity
- Fortifies bone density.

### Age Group of the Patients:

- 0 – 2 years

### Application and Recommended Usage of the Recipe:

- Pediatric Recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Rice Flakes	20	73	15.2	1.48	0.2
2.	Oats	20	72	15	1.43	1.3
3.	Ragi	20	72	15	1.43	0.2
4.	Ghee	10	90	-	0.3	10
5.	LivMCT	20	140	4.6	0.94	14.2

### Steps-

1. Add 3 Cereals (Rice Flakes, Oats, Ragi) in equal proportion i.e. 20 Gms each.
2. Mix all three cereals.
3. Add curd in it to make proper consistency (Adding curd in all the cereals will enhance its quality.)
4. Brush some ghee in the pan and add all the ingredients, add required amount of water in it.
5. Give some steam.
6. After 20 minutes, serve it medium hot and sprinkle 1 leveled scoop = 10 Gms LivMCT powder on the top.
7. And serve this delicious and nutritious dish to your little one!

### Serving Size: 1

### Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe

Calories	Carbs	Protein	Fats
447	49.8	5.58	25.9

## Oats Muffins



### Clinical Significance of the Recipe:

- It is high in Carbohydrates
- It is high protein health snack.

### Age Group of the Patients:

- 14 to 18 years

### Application and Recommended Usage of the Recipe:

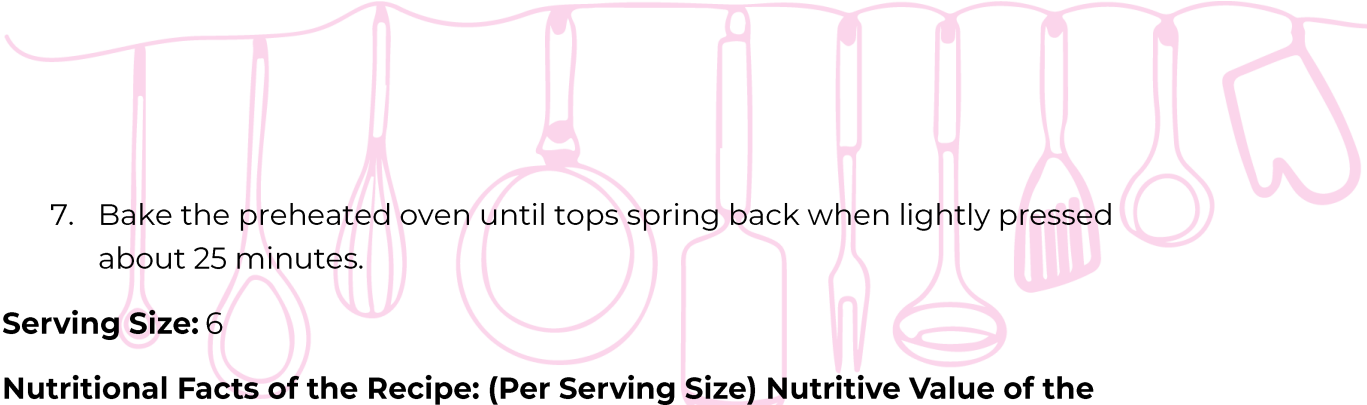
- Pediatric Recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Oats	90	336.6	56.5	12.2	6.8
2.	Milk	250 ml	182.25	12.3	8.15	11.2
3.	Sugar	25	100	25	-	-
4.	Egg	50	86.5	-	6.65	6.65
5.	Oil	10 ml	90	-	-	10
6.	Flour	120	384.6	77	12.64	1.83
7.	Baking Soda	3	1.14	0.27	-	-
8.	Baking Powder	4	7.32	1.82	-	-
9.	Almond	10	65.5	1.05	2.08	5.89
10.	Cashew	10	59.6	2.23	2.12	4.69
11.	LivMCT	20	140	4.6	0.94	14.2

### Steps-

1. Preheat the oven at 400 degrees Fahrenheit.
2. Grease 6 cups muffin tray with paper liners.
3. Stir 1 cup flour, 1 teaspoon baking powder, ½ Teaspoon baking soda, ½ teaspoon salt, 1 teaspoon Cinnamon in a large bowl, make a wall in the centre.
4. Beat egg with the fork in a small bowl, whisk in 1 cup rolled oats, ½ cup sugar, 1 teaspoon vanilla essence and oil.
5. Pour this mixture all at once into flour mixture with quickly and lightly with the whisk until just moisture.
6. The batter will be lumpy. Spoon batter into the prepared muffin cups filling each ¾ full and add some dry fruits on it.

- 
7. Bake the preheated oven until tops spring back when lightly pressed about 25 minutes.

**Serving Size:** 6

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
242.25	30.13	7.46	10.21

## Saffron Custard



### Clinical Significance of the Recipe:

- Agar grass has a high content of Protein.
- It helps to deal with sore throat.
- It has a laxative effect.

### Age Group of the Patients:

- 2 to 14 years

### Application and Recommended Usage of the Recipe:

- Pediatric Recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Milk	½ liter	155	13	8.3	8
2.	Agar Grass	1 pack	3.5	-	-	-
3.	Sugar	10	40	-	-	-
4.	LivMCT	20	140	4.6	0.94	14.2

### Steps-

1. Boil the milk.
2. Soak the agar grass for 10 – 15 minutes.
3. Boil the agar grass after 15 minutes.
4. Add sugar in boiling milk and stir till the sugar dissolves.
5. Then add agar grass slowly from side and stir continuously, then add saffron water.
6. Stir the milk properly on a low flame for 2 minutes and switch off the flame.
7. Pour the custard in a bowl then add MCT Powder and garnish with saffron.
8. Keep in refrigerator for 1 hour.
9. Cut into pieces and serve.

**Serving Size:** 2 – 3

### Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe

Calories	Carbs	Protein	Fats
112.83	5.87	3.08	7.40

## MCT Chocolate Banana Milkshake



### Clinical Significance of the Recipe:

- Banana provides natural sugar, potassium fiber etc.
- Helps in digestion and regular bowel movements.
- It is a nutritious option for children helps in digestive health, weight management and provides energy.

### Age Group of the Patients:

- 0 to 18 years

### Application and Recommended Usage of the Recipe:

- Pediatric Recipe
- Anyone having chewing or swallowing issues or with liquid diet.

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Banana	150	60	12	1	0.8
2.	Milk	100 ml	73	5.4	3	4.48
3.	Chocolate powder	10	20	6	1.5	1.5
4.	LivMCT	20	140	4.6	0.94	14.2
5.	Honey	5	17	4.4	0.3	-

### Steps-

1. Add Banana, Chocolate Powder, milk, LivMCT together in a blender.
2. Add honey (Optional) for sweet taste.
3. Blend everything together in the blender.
4. Add ice cubes for cold serve.
5. Pour the shake in the glass and serve.

**Serving Size:** 150 ml

### Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe

Calories	Carbs	Protein	Fats
311	31.5	7.5	20.9

## Oats Porridge



### Clinical Significance of the Recipe:

- Oats are rich in Fiber and minerals like Iron, Magnesium and Zinc.
- Improves digestive health, reduce the risk of heart disease.
- Regulates blood sugar and helps in lowering cholesterol level.
- It is a minimum of carb, protein and healthy fats which makes it as a wholesome breakfast option.

### Age Group of the Patients:

- 4 years and above

### Application and Recommended Usage of the Recipe:

- Pediatric Recipe
- Diet for Critical Care Patients.

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Oats	20	120	20.8	3.54	-
2.	LivMCT	20	140	4.6	0.94	14.2
3.	Milk	200 ml	146	10	6.4	8.8
4.	Honey	5	17.8	4.4	0.3	-

### Steps-

1. Combine the ingredients with oats and water or milk with a pinch of salt.
2. Cook the oats and over medium – high heat, stir occasionally for about 5 minutes until the oats are soft.
3. Add LivMCT powder, stir it until the powder is fully dissolved.
4. Add Honey and Vanilla extract if using, stir it well.
5. Pour the porridge into bowl and toppings.

**Serving Size:** 45 Gms

### Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe

Calories	Carbs	Protein	Fats
423.8	39.8	11.18	23

## The Nutritious Pops



### Clinical Significance of the Recipe:

- Rich in Calcium and other Micronutrients
- Energy – dense Snack
- Powerhouse of Omega -3 and Healthy Fats

### Age Group of the Patients:

- 2 to 14 years

### Application and Recommended Usage of the Recipe:

- Pediatric Recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Dates	250	70	18.7	6.1	0.9
2.	Almonds	15	12	3.3	3.2	8.9
3.	Makhana	30	104	2.3	2.9	0.7
4.	Til seeds	15	45	2.3	1.7	4.9
5.	Sunflower Seeds	15	42	2.0	2.0	5.1
6.	Pumpkin Seeds	15	48	1.0	3.0	4.0
7.	Raisins	10	28	6.8	0.4	-
8.	Coconut	15	18	3.5	0.8	0.6
9.	Sprinkles	20	80	20	-	-
10.	LivMCT	20	140	4.6	0.94	14.2

### Steps-

1. Firstly, we would be requiring all the ingredients as stated in the table.
2. We would be requiring dates, almonds, makhana powder first and we will be grinding them together in a mixer and put it in a bowl.
3. Mix all the seeds like til seeds, sunflower seeds, raisins, pumpkin seeds together and grind them.
4. Add coconut (Desiccated) in that mixture.
5. In last add LivMCT powder and mix it properly.
6. Mix all the above ingredients properly and make round balls or give them different shapes as desired. Coat them with colorful sprinkles to attract kids' appetite.
7. Put those balls or shapes in a wooden skewer sticks.
8. Decorate it with different ribbons and colorful tapes.



9. Offer to kids as a snack which is healthy and wholesome.

**Serving Size:** 25 Gms

**Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the Recipe**

Calories	Carbs	Protein	Fats
587	64.5	21.04	39.3



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