



Healthy Sweets & Savories to Celebrate Without Worry

Guilt-Free Diwali Delights
by Team Luke

Happy Diwali





Diwali is more than just a festival of lights — it's a season of togetherness, laughter, and cherished traditions passed down through generations. The aroma of homemade sweets, the sound of joyful chatter, and the warmth of family gatherings make these moments unforgettable.

But amidst all the indulgence, many of us also wish to honor our health without missing out on the joy of festive feasting. What if you could celebrate with all the flavors and none of the guilt?

At **Team Luke**, we believe health and celebration can beautifully co-exist. That's why we've curated a **special collection of wholesome Diwali recipes** — reimaging traditional sweets and savories with nourishing ingredients, mindful cooking methods, and a whole lot of love.

These recipes are designed to keep your energy balanced, your taste buds happy, and your festive table abundant. And the best part? They're perfect to make together as a family — because the heart of every festival lies in shared experiences.

So this Diwali, let's **light up our homes, our hearts, and our plates** with mindful indulgence and vibrant flavors. Here's to celebrating healthfully — without compromise.

Happy cooking and happy bonding!
Team Luke



Savory Delights

Spinach and Paneer Baked Samosas

Serves: 2

Preparation Time: 20 minutes

Total Time: 45 minutes

Ingredients:

- 1 cup khapli wheat flour
- 2 tbsp cold-pressed sesame oil
- 1 cup spinach, chopped
- 100g A2 paneer, crumbled
- 1 tsp cumin seeds
- 1 tsp ginger-garlic paste
- Salt and garam masala, to taste

Instructions:

1. Prepare the dough by mixing whole wheat flour, salt, and cold-pressed sesame oil. Knead with water until smooth.
2. Heat oil in a pan and sauté cumin seeds, ginger-garlic paste, spinach, and crumbled paneer. Add garam masala and salt as required.
3. Roll the dough into small discs, fill with the spinach-paneer mixture, and fold into samosas.
4. Bake at 180°C for 25 minutes or until golden.



Quick Replacement Tip: Mushrooms can be used as a substitute for paneer.

Nutritional Information (Per Samosa)

- Total Calories: 233 kcal
- Total Carbohydrates: 23.3 g
- Total Protein: 8.5 g
- Total Fat: 12.5 g



Pumpkin Tikki

Serves: 6 tikkis

Preparation Time: 20 minutes

Total Time: 10 minutes

Ingredients:

- 500g pumpkin, peeled and grated
- 3 tbsp amaranth flour
- 3 tbsp sattu flour
- ½ tsp cumin powder
- ½ tsp garlic paste
- ½ tsp ginger paste
- A few drops of cold-pressed coconut oil
- Salt to taste

Instructions:

1. Heat a few drops of oil in a pan and sauté the grated pumpkin with cumin powder, ginger, and garlic paste. Add salt and stir.
2. Once the mixture cools, add amaranth and sattu flour. Mix well.
3. Shape the mixture into small tikkis. If it's too soft, add more sattu flour.
4. Heat a pan and cook the tikkis on low flame with a few drops of oil until golden brown.
5. Serve hot with chutney.



Quick Replacement Tip: Lightly roasted amaranth grain powder can replace oats.

Nutritional Information (Per Tikki)

- Total Calories: 59 kcal
- Total Carbohydrates: 10.5 g
- Total Protein: 1.8 g
- Total Fat: 1.3 g



Makhana Poha and Murmura Chivda

Serves: 4

Preparation Time: 10 minutes

Total Time: 15 minutes

Ingredients:

- 2 cups puffed rice
- 1 cup makhana (fox nuts)
- 1 tbsp cold-pressed groundnut oil
- 1 tsp mustard seeds
- A handful of curry leaves
- ¼ cup Bengal gram
- ¼ cup peanuts
- ¼ tsp turmeric
- Salt to taste

Instructions:

1. Dry roast the makhana in a pan until golden and crisp. Set aside.
2. Heat oil in a pan, crackle mustard seeds, and add curry leaves and peanuts. Sauté until peanuts turn golden.
3. Add Bengal gram and stir-fry until crispy.
4. Combine roasted makhana and puffed rice in the pan. Stir to mix.
5. Add turmeric and salt. Stir-fry on low flame for 5 minutes until crispy.
6. Let cool and serve.



Quick Replacement Tip: Poha (flattened rice) can replace puffed rice for a variation.

Nutritional Information (Per Serving 100 g)

- Total Calories: 178 kcal
- Total Carbohydrates: 18 g
- Total Protein: 5.8 g
- Total Fat: 8.9 g





Beetroot Jowar and Sesame Sticks

Serves: 2

Preparation Time: 15 minutes

Total Time: 35 minutes

Ingredients:

- 1 cup jowar millet rava
- 2 tbsp sesame seeds
- 1 tbsp virgin olive oil
- ¼ cup beetroot puree
- Salt and chili flakes to taste

Instructions:

1. Knead jowar millet rava with sesame seeds, olive oil, beetroot puree, salt, and chili flakes into a stiff dough. Add water as needed.
2. Roll the dough into thin sticks, place them on a baking tray, and bake at 180°C for 20 minutes until golden and crisp.



Quick Replacement Tip: Oats or ragi flour can replace jowar millet rava.

Nutritional Information (Per Serving 100g)

- Total Calories: 300 kcal
- Total Carbohydrates: 43 g
- Total Protein: 7 g
- Total Fat: 13 g

Baked Bhakarwadi

Serves: 2

Preparation Time: 15 minutes

Total Time: 40 minutes

Ingredients:

- 1 cup khapli wheat flour
- ½ cup moong flour
- 2 tbsp cold-pressed mustard oil
- 1 tbsp sesame seeds
- 2 tbsp grated coconut
- 2 tbsp roasted peanuts, crushed
- Spices (turmeric, cumin powder, coriander powder), to taste

Instructions:

1. Mix khapli wheat flour, moong flour, and mustard oil. Add water to form a smooth dough.
2. In another bowl, mix sesame seeds, grated coconut, peanuts, and spices.
3. Roll out the dough, spread the filling, and roll tightly into a log. Slice into rounds.
4. Place on a parchment-lined tray and bake at 180°C for 20–25 minutes, checking occasionally.



Quick Replacement Tip: Jowar flour can be used as a gluten-free option.

Nutritional Information (Per 100 g)

- Total Calories: 347 kcal
- Total Carbohydrates: 41.3 g
- Total Protein: 10.7 g
- Total Fat: 16.7 g



Healthy Indulgences

Sattu Ladoo

Serves: 2

Preparation Time: 10 minutes

Total Time: 25 minutes

Ingredients:

- 1 cup sattu flour
- 2 tbsp ragi flour
- 2 tbsp roasted sesame seeds
- ½ tbsp powdered organic jaggery
- ¼ cup A2 ghee
- ½ cup mixed chopped almonds and walnuts
- ¼ tsp cardamom powder

Instructions:

1. Heat half the ghee in a pan and roast the nuts until golden brown. Remove and set aside.
2. Add sattu flour and ragi flour to the pan and roast for 5–7 minutes, stirring continuously.
3. Once cooled, add powdered jaggery and mix well.
4. Add roasted sesame seeds, nuts, cardamom powder, and the remaining ghee. Mix thoroughly.
5. Take small portions, press, and shape into ladoos.
6. Store in airtight jars.



Quick Replacement Tip: Substitute sattu and ragi flour with besan (gram flour) or other millet flours like jowar or bajra.

Nutritional Information (Per 2 Ladoos)

- Total Calories: 351 kcal
- Total Carbohydrates: 21.8 g
- Total Protein: 9.3 g
- Total Fat: 26 g





Shrikhand

Serves: 2

Preparation Time: 10 minutes

Total Time: 25 minutes

Ingredients:

- 2 cups homemade A2 curd or cashew curd
- 1 tbsp saffron water
- 2 tbsp chopped pistachios and almonds
- ½ cup organic jaggery powder
- ¼ tsp cardamom powder
- 2 tsp pumpkin seeds for garnish

Instructions:

1. Place the curd in a muslin cloth, tie, and let it drain for 1 hour.
2. Refrigerate for 2 hours to avoid souring.
3. Mix the curd with jaggery, saffron water, and cardamom powder.
4. Garnish with chopped pistachios, almonds, and pumpkin seeds.



Quick Replacement Tip: Peanut or coconut curd can be used instead of A2 curd. Add mangoes or strawberries as desired.

Nutritional Information (Per Cup)

- Total Calories: 318 kcal
- Total Carbohydrates: 36 g
- Total Protein: 8 g
- Total Fat: 16 g

Puran Poli

Serves: 6

Preparation Time: 15 minutes

Total Time: 40 minutes

Ingredients for Puran:

- 1 cup organic jaggery
- 1 cup soaked chana dal
- 3 cups water
- 2 tsp A2 ghee
- 1 tsp cardamom powder
- 1 tsp fennel powder
- ¼ tsp nutmeg powder

Ingredients for Poli (Roti):

- 1 ½ cups khapli wheat
- 4 tbsp A2 ghee
- ½ tsp salt
- ¼ tsp organic turmeric
- Water, as required

Instructions:

1. Pressure cook chana dal for 7 whistles.
2. Heat ghee, add spices, and sauté. Add cooked chana dal and jaggery, and cook until dry.
3. Roll dough into small balls, place puran mixture in the center, and roll into medium-sized rotis.
4. Cook on a tava with ghee until golden brown.



Quick Replacement Tip: Use arhar dal or yellow moong dal, or substitute khapli wheat with gluten-free flour like amaranth or ragi.

Nutritional Information (Per Puran Poli)

- Total Calories: 312 kcal
- Total Carbohydrates: 47.5 g
- Total Protein: 6.7 g
- Total Fat: 11.3 g





Millet Kheer

Serves: 2

Preparation Time: 15 minutes

Total Time: 30 minutes

Ingredients:

- 1 ½ cups unsweetened almond milk
- ½ cup cooked little millet (samai)
- 1 tsp saffron strands
- 3 tbsp chopped nuts (almonds and pistachios)
- 2 tsp pumpkin seeds for garnish
- 1 tbsp organic jaggery powder or 2 tbsp date purée

Instructions:

1. Boil almond milk, then add saffron and nuts.
2. Add cooked millet and boil for 2 minutes, then stir in jaggery or date purée. Turn off the heat immediately.
3. Garnish with pumpkin seeds and serve hot.



Quick Replacement Tip: Substitute millet with hand-pounded rice or rice vermicelli.

Nutritional Information (Per Cup)

- Total Calories: 203 kcal
- Total Carbohydrates: 22 g
- Total Protein: 6 g
- Total Fat: 11 g

Ragi Chocolate Sheera

Serves: 2

Preparation Time: 10 minutes

Total Time: 30 minutes

Ingredients:

- ¼ cup ragi rawa
- ⅓ cup sattu
- 1 tbsp unsweetened raw cacao powder
- 1 tbsp A2 ghee
- ¼ cup water
- 1 tsp vanilla extract
- 2 tbsp organic jaggery powder

Instructions:

1. Heat ghee, add ragi, sattu, and cacao powder, and sauté until aromatic.
2. Add water and cook until firm, then add vanilla extract.
3. Turn off the heat, mix in jaggery, and garnish with chopped nuts.



Quick Replacement Tip: Add vegetables for a savory version.

Nutritional Information (Per Cup)

- Total Calories: 250 kcal
- Total Carbohydrates: 38 g
- Total Protein: 5 g
- Total Fat: 8.5 g



We hope these recipes bring joy, health, and
flavor to your Diwali celebrations.

Celebrate mindfully, cook with love, and create
memories that nourish both body and soul.

For more innovative, wholesome, and guilt-free recipes, [click here](#).
Discover our curated collection of **Pink Tiger-approved**, ethically
sourced ingredients [here](#).

~ Crafted with care by Team Luke ~



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Wish you a Happy and Safe Diwali!

***Important:** If you have any food allergies or health concerns, please exercise caution. This information is for educational purposes and is not a substitute for professional medical advice. Always consult your healthcare provider before making changes to your diet, lifestyle, or treatment plans, especially if you have existing medical conditions or take prescribed medications.*

**With love and gratitude,
Team Luke**