



ANDA KA HALWA

AISHA MOHD SAJID

SYBA

AQSA WOMEN'S DEGREE

COLLEGE







INGREDIENTS

Ghee : 3-4 table spoon
Pista : 20 gram
Almond : 20 gram
kismis : 5 gram
Sugar : as per your taste
Milk : 1/2 litre
Eggs : 5-6

BENEFITS OF INGREDIENTS



Ghee :Improves energy levels.
Full of vitamins A D E & K.
Heather than normal butter.

Pista : Help in weight loss.
Lower blood sugar levels.
Boosts immunity system.


Almond: Rich in vitamins (E).
Lasting energy.
Reduce heart disease.

Kismis: Natural laxative.
Best for anemia.
Promotes youthful skin.

Sugar: It registers on the taste buds,
Pleasing baked goods.
It feeds yeasts so that
yeast can act as a rising agent.

Eggs: *Maintains body weight.
*Protects eye weight.
*Improves your mood.
*Lowers the risk of.
cancer.
*Help with healthy
pregnancy.

Milk: Increased immunity.
Healthy bones.
Calcium.
Disease fighter.





ANDA KA HALWA

AISHA MOHD SAJID

SYBA



Thank you 😊😊



Name: Ansari
Ishrat Maqsood
Ahmad
Aqsa women's degree
College

Recipe by: High Protein
soya chunks stick

Ingredients:
Soya chunks 50 gms
Green peas
Chilli
Garlic 4 cloves
Grated carrot 1 medium size
Gram flour 2 tbsp
Garam masala powder 1 tbsp
Chopped Capcicum
Chopped onion 1
Salt
Oil



**EID SPECIAL RECIPE WITH
HIGH PROTEIN**

The key of benefit of Soya are it's high protein Content , vitamins, minerals And insoluble fibre

* Soya chunks are to a vegetarian what chicken Breast is to a non vegetarian a great source of protein



May Benefit Heart Health
Help Control Blood Sugar
May Boost Bone Density
Have Antibacterial Properties



They're also high in fibre and protein
May Be Protective Against Some
Chronic Diseases
They May Cause Bloating

Lowers the risk of Cancer.Capsicum
Antioxidant properties
Improve immunity
Relieves pains



They Fiber in Carrots can
help keep blood sugar levels under control
They can strengthen you bones
Carrots have calcium and vitamin K

Rich in vitamin and mineral
Has fewer calories then regular flour
Paked with Fiber
High in protein than other flour



Lowers cholesterol
and blood
sugar .Some of the
Ingredients
like Paper, Cloves
Cinnamon and
Cardamom are know
to lower bad
Cholesterol level
Anti -inflammatory.



High protein
Soya Chunks
Stick

Recipe: Ansari Ishrat
Maysood Ahmad

Aqsa Women's Degree
College

S.V. B.A





Name- Ansari Nida Shawkat Ali
Class- Sy BA
Aqsa Women's degree College
Golden Milk Recipe

Eid Special

GOLDEN MILK

RECIPE



Ingredients

MILK- 2CUP

TURMERIC- $\frac{3}{4}$ TSP

PEPPER – $\frac{1}{2}$ TSP (CRUSHED)

CINAMON – $\frac{1}{2}$ INCH

GINGER – 1 INCH GRATED

COCONUT OIL – 1 TSP



Benefits of ingredients

MILK- PACKED WITH IMPORTANT NUTRIENTS LIKE CALCIUM, PHOSPHORUS, B VITAMINS, POTASSIUM AND VITAMIN D.

TURMERIC- TURMERIC IS A NATURAL ANTI-INFLAMMATORY AND POWERFUL ANTIOXIDANT.

BLACK PEPPER- DETOXIFIES YOUR BODY. PREVENTS CANCER.

CINAMON- IT HAS ANTI-VIRAL, ANTI-BACTERIAL AND ANTI-FUNGAL PROPERTIES

GINGER- KEEPS YOUR MOUTH HEALTHY. GINGER'S ANTIBACTERIAL POWER MAY ALSO BRIGHTEN YOUR SMILE..

COCONUT OIL- CONTAINS HEALTHY FATTY ACIDS MAY HAVE ANTIMICROBIAL EFFECTS



Golden milk (Immunity booster



Golden milk (Immunity boosting Recipe)

TURMERIC MILK, COMMONLY KNOWN AS ' HALDI KA DOODH' IS ONE OF THE BEST REMEDIES PASSED ON TO US BY OUR ANCESTORS. IT IS ALSO CALLED ' GOLDEN MILK ' DUE TO THE COLOR TURMERIC IMPARTS TO MILK WHEN MIXED IN IT.

SPICES LIKE CLOVE, CINNAMON, CARDAMOM, BLACK PEPPER, AND GINGER CAN ALSO BE ADDED TO IT FOR ADDITIONAL HEALTH BENEFITS.

BE IT COLD, COUGH, FLU, WOUNDS, JOINT PAIN, ETC. TURMERIC MILK IS THE BEST CHOICE TO MAKE. LET US SEE THE INNUMERABLE EFFECTS TURMERIC MILK HAS ON OUR HEALTH :

Thank you





Name: Mahek Shahnawaz Rais
College: Aqsa women's Degree

College
T.Y.B.A

Recipe: chocolate Fruits Ball
With Dry Fruits Pudding
Shake



INGREDIENTS:

Milk, Honey,
jaggery
Papaya, kiwi, mango,
almonds, Cashews,
Pistachios, raisins,
Dates, Figs, walnuts,
Peanut butter, Apple,
Date dry fruits shake ,
Banana Pure,dates
pure, figs pure,bread
Dark chocolate, Coco
Powder, pudding powder,
Watermelon seeds.



CHOCOLATE FRUIT BALL WITH PUDDING SHAKE

NAME: Mahek ShahnaWaz, Rais.

COLLEGE: Aqsa Women's Degree College
T.Y.B.A - Student.

Benefits Of Ingredients

NUTS & DRY FRUITS:

Dry fruits are great source of protein, vitamins, minerals, potassium, calcium, iron, dietary fibre and ideal substitute for high calories snack. Dry fruits help the body in many forms. The antioxidant help you to boost your immunity keeping you healthy and free from disease such as cholesterol and diabetes. Almond, dates, fig, pistachio and cashew nuts also give energy and build stamina and fight against covid -19.

JAGGERY:

Jaggery is great source of immunity-booster. Iron, selenium, zinc, magnesium and phosphorus are micronutrients that can help in improving immunity. its great for anemic and low hemoglobin people.

HONEY:

Honey is Rich in minerals such as iron, calcium, & magnesium. It's rich in antibacterial properties soothe the throat and protect the body against bacteria and fungi and also boost out immunities.

COCA POWDER & DARK CHOCOLATE:

It's huge source of antioxidant & antibodies. It's contain iron, zin and selenium these minerals help your body battel bacteria and give your immune system boost.

Fruits:

KIWI (is undoubtedly a fruit full of energy & rich source of vitamin C), **PAPAYA** (contains antioxidant vitamin A, vitamin C, vitamin E), **MANGO** (excellent source of vitamin A, vitamin C, vitamin k), **APPLE** (contains high amount of vitamin C). Eating food high in vitamin C can help to boost immune system, allowing the body fight off bacterial and viral illness like covid-19.

Healthy Twist To The Recipe

When we think about "*Eid Special*" first think come in our mind is *Sweet* so there is necessary to give it a healthy twist for healthy immune system specially in this covid situation. **The recipe which made by me is totally healthy and immune boosting cause of ingredients.**

DRY FRUIT PUDDING SHAKE:

I added in custard pudding Coca Powder, **Honey & Jaggery** instead of refined sugar (which is unhealthy) for giving healthy twist to the recipe. They are rich in iron, magnesium, zin and minerals. **They are rich in antibacterial properties and protect the body against bacteria and fungi and boost gut immunity.** I also added in it peanut butter, dates dry fruit shake which makes the recipe super nutritious and immunity boosting because **Dry Fruits have a power to build stemina stronger and Dates have disease Fighting antioxidants against covid-19**

CHOCOLATE FRUITS BALL:

This is made with a fruit like **KIWI** (is undoubtedly a fruit full of energy & rich source of vitamin C), **PAPAYA** (contains antioxidant vitamin A, vitamin C, vitamin E), **MANGO** (excellent source of vitamin A, vitamin C, vitamin k), **APPLE** (contains high amount of vitamin C). **Eating food high in vitamin C can help to boost immune system, allowing the body fight off bacterial and viral illness like covid-19.** I also added in it dry fruits, dates pure, fig pure, & honey for giving a healthy twist. I used dark chocolate for coating (which have antioxidant & antibiodies properties) because children attract towards the chocolate. Today's covid situation there is huge necessary of healthy immune system specially for children and old age people this recipe definitely fullfil all their basic immune needs.



thank you

Eid especial resepy

Name: Hashmi kahekasha

Abdur Rahman

Class:SYBA

Aqsa women's degree college

Topic: High Immunity

Crunchy chick peas kababs









High Immunity Crunchy chick peas kababs

**Ingredients:-*

1bowl Nutrinuggets(soya beans)

100g chana dal

3-4crunch bread slice

100g chick peas (Kabuli chana)

1tsp Red chilli powder

1tsp Green chillie powder

1tsp Crushed Garlic

1tsp crushed Ginger

1tsp Termaric

2 bay leaves

2potatos boil

1tsp chole masala

1cup coriander leaves

5 Dana Black pepar

2choped onions

1cup watter (Then mix)

solt to taste

(meal, lemon and Tometo kechup

Then serve)

Topic: High Immunity Crunchy chick peas kababs.

Benefits:-

Nutrinuggets, Turmeric and Chana dal are good source of protein and high immunity. The row, spices, ginger and garlic will help to stimulate remove chest congestion Nutrinuggets kababs etc.



Name: Hashmi Kahkasha Abdus Rehman

class: Sy.b.a

School: Aqsa Women's Degree Collage

Topic: High Immunity

Crunchy chick peas kababs





THANK YOU
FOR YOUR
TIME

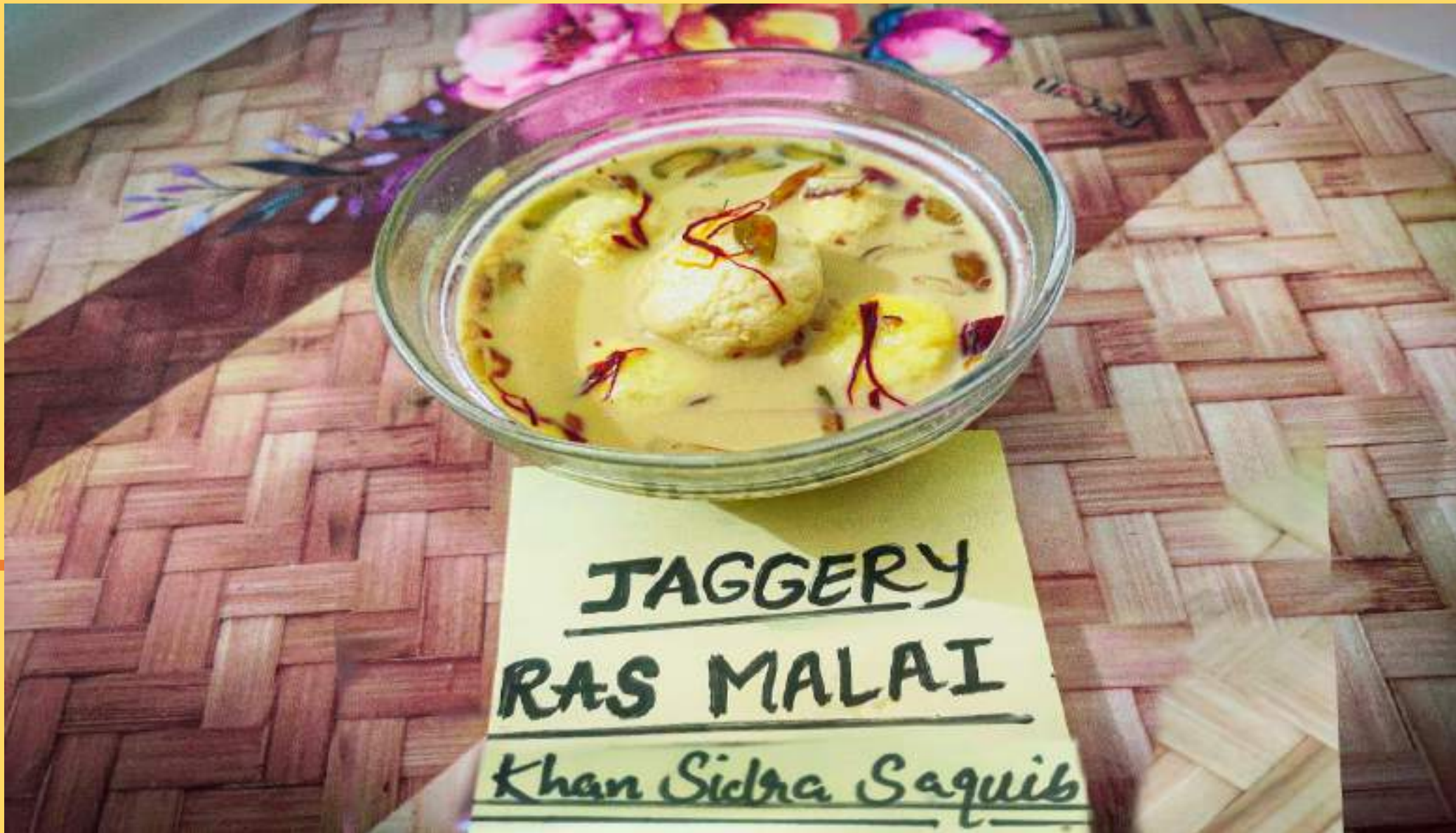


*EID SPECIAL RECIPE WITH A HEALTHY
TWIST*

By Khan Sidra Saquib

**Student of
Aqsa Women's Degree college**





JAGGERY
RAS MALAI
Khan Sidra Saquib

INGREDIENTS



Healthy Twist with jaggery and Almond milk



Health Benefits of jaggery

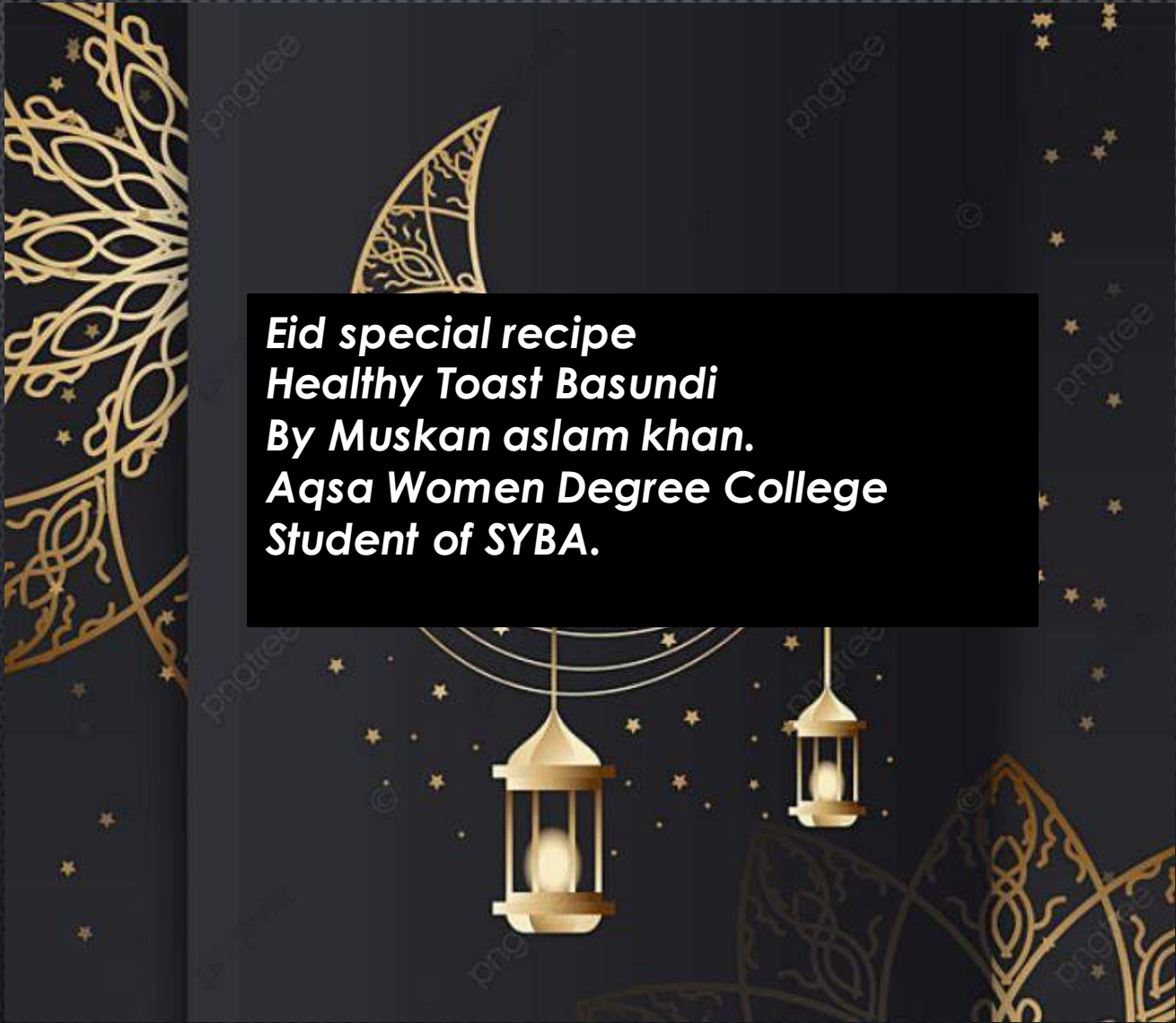
- 1. Cleanses the whole body
- 2. Improves digestion
- 3. Prevents anemia
- 4. Improves immune function
- 5. Aids glucose control and weight loss



Health Benefits of Almond milk

- **1. Low in Calories**
- **2. Low in Sugar**
- **3. High in Vitamin E**
- **4. A Good Source of Calcium**
- **5. Often Enriched with Vitamin D**
- **6. Naturally Lactose-Free**
- **7. Dairy-Free and Vegan**
- **8. Low in Phosphorus, With a Moderate Amount of Potassium**
- **9. Very Easy to Add to Your Diet**



The background is a dark blue night sky with a subtle pattern of small white dots. On the left, there is a vertical strip of intricate golden Islamic geometric patterns. In the center, a golden crescent moon is partially visible. At the bottom, two golden lanterns with glowing lights hang from thin lines, with a larger golden crescent moon above them. The text is centered in a black rectangular box.

***Eid special recipe
Healthy Toast Basundi
By Muskan aslam khan.
Aqsa Women Degree College
Student of SYBA.***



Healthy Toast Basundi
Muskan Aslam Khan

Ingredients benefits.

1. Milk And milk powder can help strengthen bones and prevent osteoporosis.
2. Almonds contain lots of healthy fats fiber protein and vitamin E.
3. Cashew has good fats and healthy body.
4. Honey is rich in Antioxidants .
5. Dates High in fiber and High in disease and promote brain health Excellent natural labor.
6. Toast a source of energy because it's provide carbohydrates.



1. MILK AND MILK POWDER

2. TOAST

3. DRY FRUITS

4. DATES

5. HONEY.



THANKS FOR WATCHING.



*Name: Ansari
nasreen niyaz
ahmad*

Class: S.Y.B.A

*Aqsa women
degree College*

*Topic: Fruit
custard trifle
recipe*

*Eid special recipe
Fruit custard trifle recipe*



Ingredients

*Milk
sugar 1 cup
Vanilla custard
Powder 2 tsp
Mango cubes
Litchi cubes
Papaya cubes
Banana cubes
Bread slices
Jelly (any
colour)
chocolate cake
powder*



Ingredients Benefits

* *Milk: Vitamin (A,B,D,E,K) keep bones healthy. strong muscles.*

Prevent cancer. Boost immune system.

* *Mango: vitamin(c) healthy snack good for eyes and vision rich in minierals .*





Papaya: Kills intestinal
worms.

Fight cancer.

Help in weight loss.

Banana: Vitamin A or B

Power the brain.

Reduce blood pressure.

Reduce depression.

Litchi: Vitamin C, or B

Weight loss
heart digestion

Reacipi decoration



Fruit Custard Benefits

① Fruit custard is a healthy dessert as it is made of milk which is a source of calcium and protein.

② Nutrients :

Vitamin A, C, K and minerals like magnesium, phosphorus and dietary fibers.





Thank you

Eid Special – “SHAHI BREAD-BALLS”

By: AYESHA AJMAL NASIR

TYBA - (Food Entrepreneurship-II)

AQSA WOMEN'S DEGREE COLLEGE, BHIWANDI.

INGREDIENTS:

Bread – 4-5 slices

Milk – ½ ltr

Custard powder – 1½ tbsp

Sugar – as per taste

Vanilla essence – 3-4 drops

Apple – ½ cup (chopped)

Chikoo – ½ cup (chopped)

Dry fruits – Some chopped dry fruits



HEALTHY TWIST TO THE RECIPE:

“Shahi Bread-Balls” dipped in custard are very rich in nutrition. They are rich in antioxidants and vitamins. The healthy twist applied to the recipe is, it contains fruits as well as dry fruits and which are powerhouse of nutrients. The ingredients added in this recipe really helps in boosting immunity. Immunity boosting ingredients are: milk, apple, chikoo, dry fruits like almonds and pistachios.

- **Apple:** Apples are high in fibre, vitamin C, and various antioxidants. a powerful natural antioxidant that can help boost your body's immunity and resistance to both infectious agents and damage caused by free radicals.

- **Chikoo:** The fruit is rich in folates, potassium, magnesium, calcium, phosphorus and iron. It helps boost immunity & energy, it also helps in weight loss.
- **Dry fruits:** They are rich in vitamins and proteins; they also boost immunity and prevent lifetime diseases such as cholesterol and diabetes. Most dry fruits are rich in minerals, proteins, fibre and vitamins add to that they are tasty and delicious too. Dry fruits are excellent and healthy substitute for daily snacks.





*Shaikh Aafreen Sajid Hussain
Sy (B.A) student
Aqsa women degree college*

Amazing healthy Energy bites

Ingredients



Dates-1cup (washed)

Ghee- 1 tbsp

Cashews 1-cup

Almond 1-cup

Raisins 1-cup

Jaggery powder 1-tbsp

Coconut powder 1-tbsp

Cocoa powder 1-tbsp

Cinnamon & cardomom powder 1-tsp



Benefits of Dates

Dates are Highly Nutritious:
 -Aids Healthy Scent Mechanisms
 -High Concentration of vital-essentials
 -Improves Brain Functionality
 -Facilitates Metabolic Uptake
 -Reduces Risk of Cancer
 -Prevents Microbial Infections
 -Aids Fight Diabetes



Cashews benefit:-

Reduces the risk of diabetes
 Works as a Cancer Chemopreventive Agent
 Boosts bone and oral health
 Prevents gallstones
 Boosts the immune system
 Reduces the risk of anemia
 Promotes the development of Red Blood Cells (RBCs).



Coca powder benefit:-

- * Reduces cataracts
- * Contains very high amounts of antioxidants
- * Good source of Vitamins and Minerals
- * Improves heart function
- * Alleviates stress * Rich in magnesium
- * Helps manage depression
- * Reduces appetite and helps weight loss
- * Helps anti - aging
- * Detoxifies the liver
- * Builds strong bones
- * Helps regulate blood pressure
- * Dilates blood vessels and reduces blood



Ghee benefit:-

Ghee is all-natural ...
 Ghee reduces your exposure to cancer-causing agents. ...
 Ghee contains cancer-fighting C17. ...
 Ghee helps moisturize dry skin and hair. ...
 Ghee has anti-inflammatory properties.



Turmeric & cinnamon powder benefit:-

Antioxidant and Blood Purifier: Turmeric May Lower Blood Pressure ...
 May Contain Cancer-Fighting Compounds ...
 May Protect from Chronic Diseases Thanks to Anti-Inflammatory Effects ...
 May Help with Digestive Problems, Including Ulcers ...
 May Treat Bad Breath and Promote Gut Health ...
 May Have Antibacterial Effects and Treat Infections



Healthy lipid coconut powder benefit:-

- #1 Promotes a Healthy Heart. ...
- #2 Prevents Anemia. ...
- #3 Helps Regulate Breathing. ...
- #4 Eases Muscle Fatigue. ...
- #5 Contains Beneficial Antibacterial Properties. ...
- #6 Has Nutritional Benefits. ...
- #7 Natural Skin Moisturizer.



Raisins benefit:-

relieve constipation.
 prevent anemia.
 build and maintain strong bones.
 protect your teeth.
 lower your risk of cancer and heart disease.



Benefits of jaggery :-

*Boosts immunity and purifies blood
Good for skin Improves
digestion Improves
bones and teeth
Relieves menstrual problems
Boosts muscular health
Controls acid formation Reduces stress.*

Healthy twist



Healthy twist Almonds benefit:-

*Almonds Deliver a Massive Amount of Nutrients. ...
Almonds Are Loaded With Antioxidants. ...
Almonds Are High in Vitamin E. ...
Almonds Can Assist With Blood Sugar Control. ...
Magnesium Also Benefits Blood Pressure Levels. ...
Almonds Can Lower Cholesterol Levels. ...
Almonds Prevent Harmful Oxidation of LDL Cholesterol.
More items...**

AMAZING ENERGY BITES

Recipe By Shaikh Aqreen Sayed Hussain

Alfa women's Degree collage

Student.







Thank you



Eid Special Immunity Boosting
Recipe : KIWI HALWA

BY -

Shaikh Fatima Dastageer

Aqsa Women's Degree College .

Ingredients:

Vermicelli, Cardamom powder, Sugar, Milk, Butter, Kiwi, pistachio powder, Almond, cashew nuts, Dessicated coconut, Semolina, Orange food colour, Green food colour, olive oil, Corn flour.

Immunity boosting against covid (Kiwi fruit)

Kiwi contains abundant amount of vitamin C, which stimulates the body's immune response. In fact, the Kiwi contains roughly 230% of the daily recommended intake of vitamin C. This bold fruit provides a burst of immune-boosting nutrients in every bite.

Thank you!





Eid Special - 2021

Aqsa Women's degree

clg:

Shaikh Fatima

Dastageer

T.Y.B.A

* KIWI PANCAKE *
Healthy, Immunity-Enhancing
Twist

Kiwi contains vitamin C,
vitamin K, potassium, and
folate in abundance.

It also helps in boosting
the production of white
blood cells that fight
infections.



SHAIKH HALA TARIQUE

SYBA

AQSA WOMEN'S DEGREE COLLEGE

HIGH IMMUNITY DATES OATS ROLL



A top-down view of fresh ingredients on a white marble surface. On the left, there are several slices of toasted bread with dark spots, likely olives or herbs. Below the bread is a whole dark avocado. In the center and right, there are several cherry tomatoes and strawberries. At the bottom, a brown paper bag is filled with more produce, including tomatoes and strawberries. A bunch of fresh green herbs is also visible. A red banner with white text is overlaid on the right side of the image.

EID special recipe



INGREDIENTS

DATES_250 GRAM

MILK_1/2LITRE

OATS_20GRAM

BUTTER_100GRAM

ALMOND

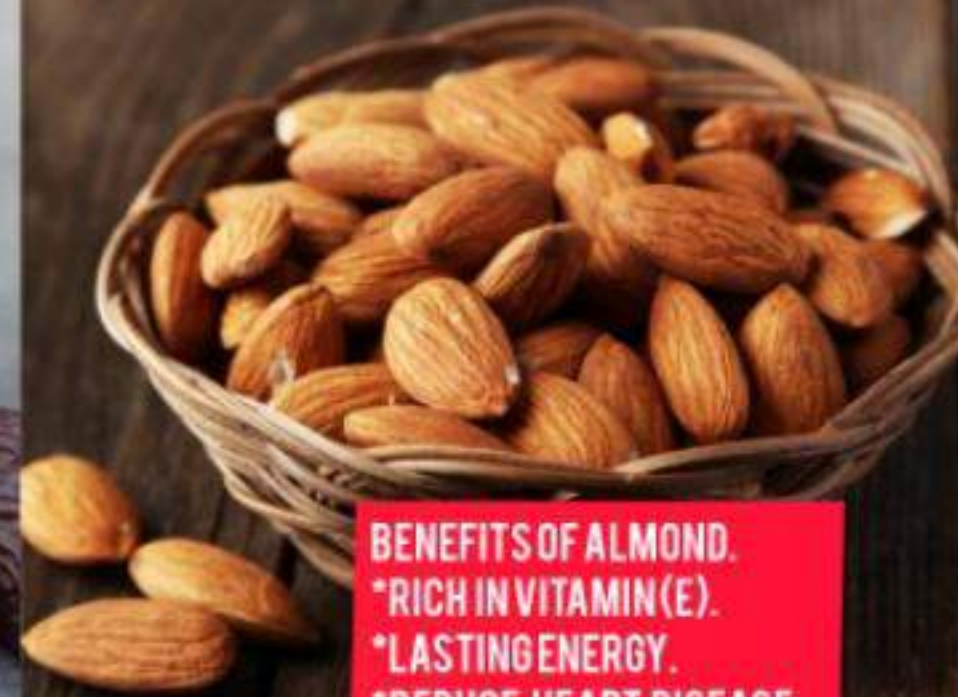
PISTACHIO

CASHEW NUTS



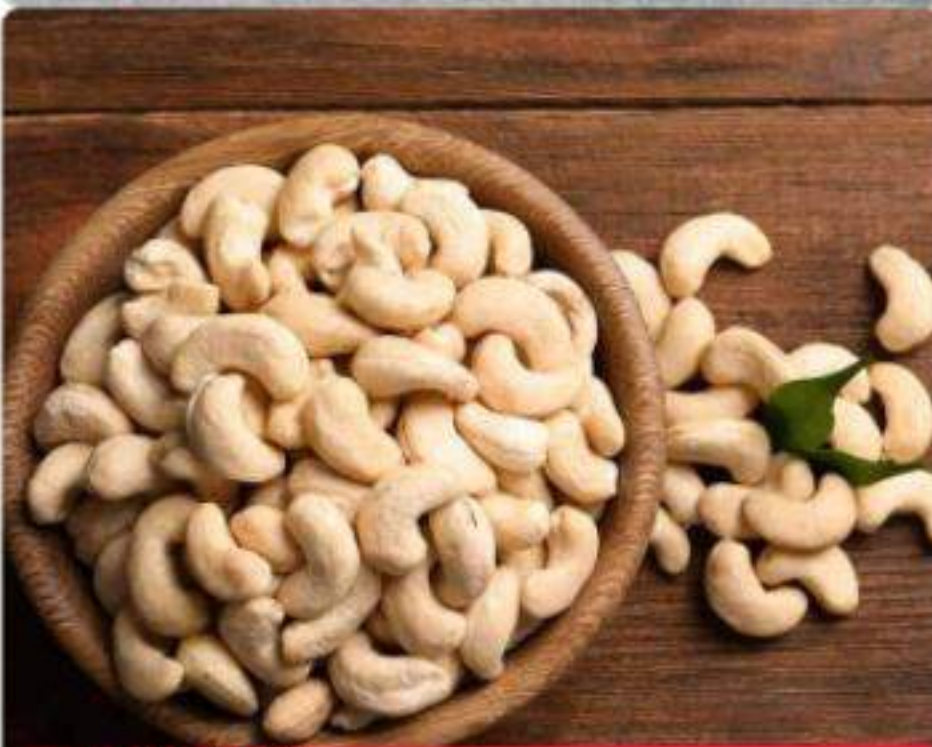
BENEFITS OF DATES

- * DATES HAVE AN EXCELLENT NUTRITION PROFILE
- * HIGH IN FIBER GETTING ENOUGH FIBER IS IMPORTANT FOR YOUR OVERALL HEALTH
- * HIGH IN DISEASE FIGHTING
- * OTHER POTENTIAL HEALTH BENEFITS.



BENEFITS OF ALMOND.

- * RICH IN VITAMIN (E).
- * LASTING ENERGY.
- * REDUCE HEART DISEASE.
- * GOOD SOURCE OF PROTEIN.



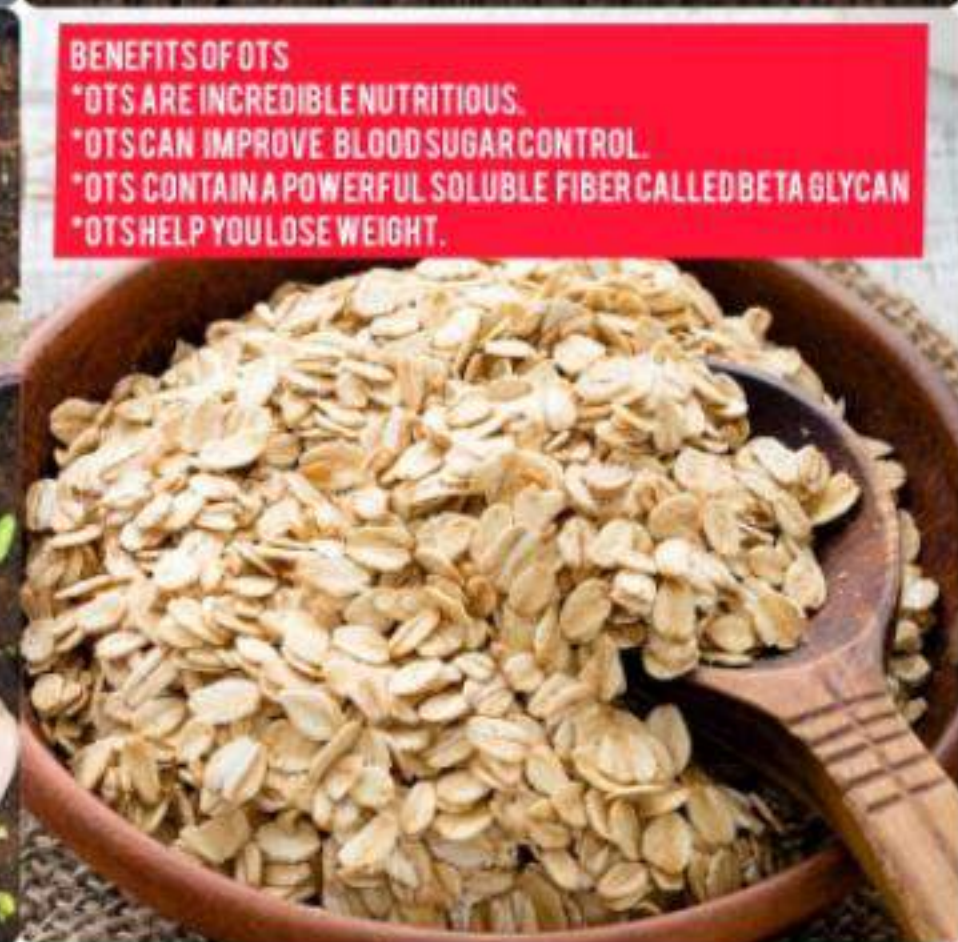
BENEFITS OF CASHEW NUTS.

- * LOW IN SUGAR AND RICH IN FIBER.
- * THEY ARE ALSO A GOOD SOURCE OF COPPER AND MAGNESIUM.
- * IMPORTANT FOR ENERGY PRODUCTION, BRAIN HEALTH, IMMUNITY AND BONE HEALTH.



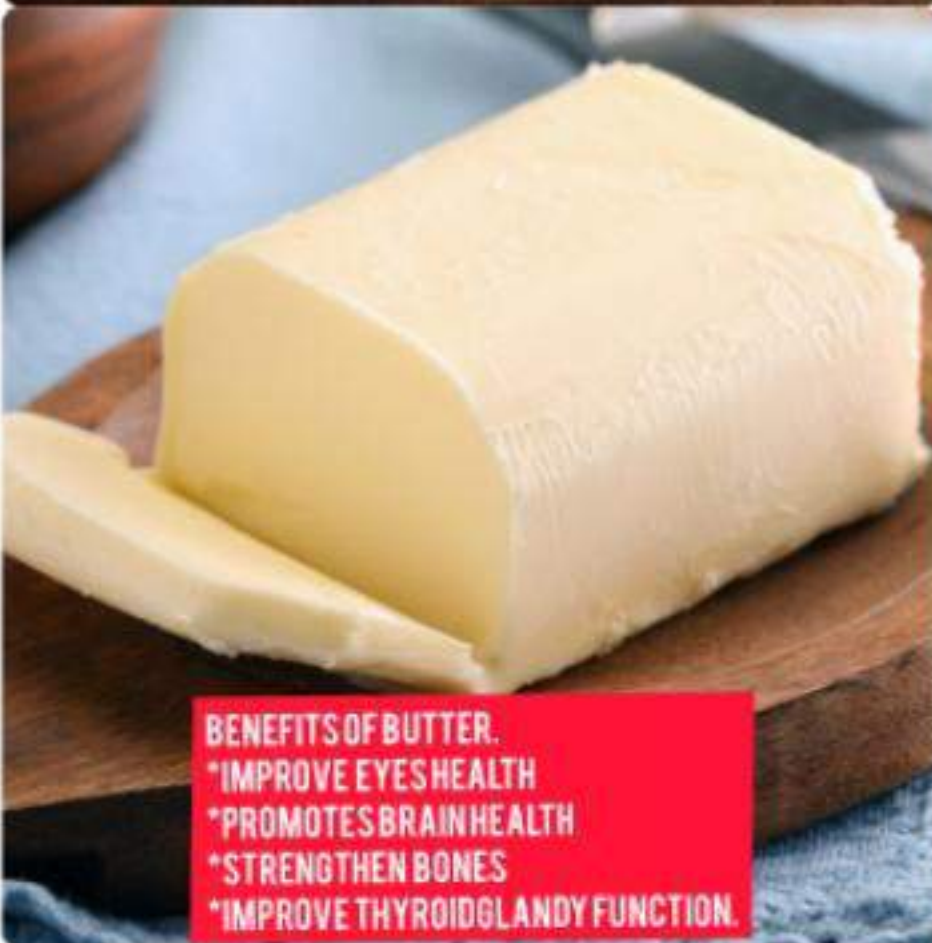
BENEFITS OF PISTACHIO:

- * HELP IN WEIGHT LOSS.
- * LOWER BLOOD SUGAR LEVELS.
- * KEEP THE NERVOUS SYSTEM SAFE.
- * BOOSTS IMMUNITY SYSTEM.



BENEFITS OF OATS

- * OATS ARE INCREDIBLE NUTRITIOUS.
- * OATS CAN IMPROVE BLOOD SUGAR CONTROL.
- * OATS CONTAIN A POWERFUL SOLUBLE FIBER CALLED BETA GLYCAN
- * OATS HELP YOU LOSE WEIGHT.



BENEFITS OF BUTTER.

- * IMPROVE EYES HEALTH
- * PROMOTES BRAIN HEALTH
- * STRENGTHEN BONES
- * IMPROVE THYROID GLAND FUNCTION.



BENEFITS OF MILK.

- * GOOD FOR BONES.
- * RICH IN PROTEIN.
- * REDUCES RISK OF OBESITY.
- * FIGHTS MULTIPLE DISEASE.
- * HELP IN STRONG TEETH.
- * STRESS BUSTER



HIGH IMMUNITY DATES OATS ROLL



HIGH IMMUNITY DATES OATS ROLL

Eid special recipe Immune boosting recipe

DATES OATS ROLL

: IN DATES ROLL GIVEN TWIST WITH OATS

OATS HAVE ENERGY OF 2 ROTIS,

FIBER OF 1 GUAVA, PROTEIN OF 1 BOWL DAL,

LOW SODIUM_MAY REDUCE HIGH BP RISK,

SOLUBLE FIBER_HELP REDUCE CHOLESTEROL.

: DATES HAVE FIBRE GETTING ENOUGH FIBER IS
IMPORTANT FOR YOUR OVERALL HEALTH.

EASY TO ADD TO YOUR DIET.

: ADDED SOME DRY FRUITS . DRY FRUITS ARE RICH IN
FIBER, MINERALS, PROTEIN AND VITAMIN.

ADD TO THAT THEY ARE TASY AND DELICIOUS TOO.

DATES OATS ROLL IS BEST FOR IMMUNITY BOOSTING



Thank you

