



RECIPES

Leptyn Chana Sattu

1) Sattu Protein Shake (10-12 grams of protein)

Ingredients

- **2 tablespoons Leptyn Sattu Powder** (approximately 30 grams, providing about 10-12 grams of protein)
- **1.5 cups cold water** (or adjust to your desired consistency)
- **Pinch of black salt** (to taste)
- **Pinch of roasted cumin powder** (to taste)
- **1/2 tablespoon lemon juice** (optional)
- **1/2 finely chopped onion** (optional)
- **Chopped mint leaves** (optional)

Instructions

1. **Create a Smooth Paste:** In a large glass or bowl, mix the sattu powder with a couple of tablespoons of cold water to form a smooth paste without lumps.
2. **Add Remaining Water:** Gradually add the remaining cold water while stirring continuously until well combined.
3. **Season the Shake:** Stir in the lemon juice, black salt, and roasted cumin powder. Adjust the seasoning to your taste.
4. **Garnish and Serve:** If desired, add finely chopped onion and garnish with chopped mint leaves. Serve chilled.

2) Sattu Roti (5-6 grams of protein per roti)

Ingredients:

- **1/2 cup Leptyn Sattu Powder** (approximately 60 grams)
- **1/2 cup whole any brand wheat flour (atta)**
- **Water (as needed)**

- **Salt to taste**

Instructions:

1. In a mixing bowl, combine whole wheat flour, sattu, and salt.
2. Gradually add water and knead into a soft dough.
3. Let the dough rest for about 20 minutes.
4. Divide the dough into 4-5 small balls.
5. Roll each ball into a flat disc using a rolling pin.
6. Cook on a hot tawa (griddle) until both sides are golden brown, applying ghee or oil as desired.

3) Drumstick Sattu Kadhi Recipe (10-12 grams of protein)

Ingredients

- **2 tablespoons Leptyn Sattu powder** (approximately 30 grams)
- **1 cup water** (adjust for desired consistency)
- **1-2 drumsticks** (cut into 2-inch pieces)
- **1/4 teaspoon turmeric powder**
- **1/2 teaspoon cumin seeds**
- **1/4 teaspoon mustard seeds**
- **A pinch of asafoetida (hing)**
- **1 green chili, finely chopped** (adjust to taste)
- **1/2 tablespoon oil** (mustard or coconut oil)
- **Salt to taste**
- **Fresh coriander leaves, chopped** (for garnish)

Instructions

1. **Prepare the Sattu Mixture:** In a bowl, mix the sattu with 1/2 cup of water to form a smooth slurry. Ensure there are no lumps. Add turmeric powder and mix well.
2. **Cook the Drumsticks:** In a small pot, add the remaining water and bring it to a boil. Add the drumstick pieces and cook until they are tender, about 10-15 minutes.
3. **Heat the Oil:** In a separate pan, heat the oil over medium heat. Once hot, add cumin seeds and mustard seeds. Allow them to splutter.
4. **Add Spices:** Add asafoetida and chopped green chili to the pan. Sauté for about 30 seconds until fragrant.

5. **Combine Mixtures:** Slowly pour the sattu mixture into the pan while stirring continuously to prevent lumps from forming. Add this mixture to the pot with cooked drumsticks.
6. **Simmer the Kadhi:** Stir well and let it simmer for about 5-10 minutes, allowing the flavors to meld together. Adjust salt to taste.
7. **Garnish and Serve:** Once done, remove from heat and garnish with chopped coriander leaves. Serve warm.

4) Sattu Laddu (8-10 grams of protein per laddu)

Ingredients:

- 1 cup Leptyn Sattu Powder
- 1/2 cup jaggery (grated)
- 1/4 cup ghee (clarified butter)
- 1/2 teaspoon cardamom powder
- Chopped nuts (optional)

Instructions:

1. Heat ghee in a pan over low heat.
2. Add sattu and roast it until it turns golden brown and aromatic.
3. Stir in the grated jaggery and mix well until it melts.
4. Add cardamom powder and mix thoroughly.
5. Remove from heat and let it cool slightly.
6. Grease your hands with ghee, take small portions of the mixture, and roll them into balls (8-10 laddus).
7. Allow to cool completely before serving.