



Dream Palate

Edition #2



Preface



Dream Palate is a small initiative born out of the FUEL pillar of the Dream Runners Half Marathon 2025 Theme – Run. Inspire. Fuel. Strengthen. Every Step Counts.

This Book is created by runners, for runners featuring simple weekday meal plans designed to help and inspire every runner to fuel well, stay nourished, energised, and run strong. Each recipe is a personal contribution by passionate individuals from our very own Dream Runners community who balances fitness with family, flavour and fun.

We hope this book fuels your running journey, both on and off the track.

Race Management Team

Hexaware Dream Runners Half Marathon 2025



L to R:

Mythili Prasad, Zainab Millwala Master, Gomathi Narasimhan

Acknowledgements



To the Strength Behind the Team

Our sincere thanks to all our Dream Runners Family contributors for generously sharing their healthy home-made recipes.

A special note of gratitude to the FUEL Team:

- ❖ **Rekha Ganesh** and **Anuradhini Venkataraman** for coordinating and compiling;
- ❖ **Shiny Surendran** for general health & nutrition tips;
- ❖ **Reena** and **Sathya Narayanan** for creating, designing and bringing this book to life.



**Rekha
Ganesh**



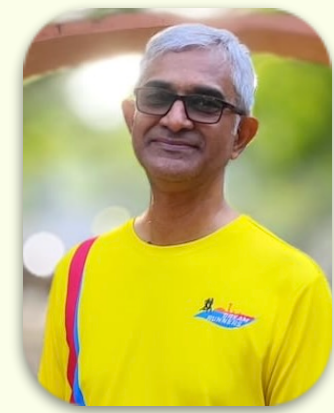
**Anuradhini
Venkataraman**



**Shiny
Surendran**



**Reena
Sathyan**



**Sathya
Narayanan**

Introduction



Good health though not rocket science, is a fragile yet complex balance of adequate exercise and nutrition. Incorporating physical activity in our daily routine, small tweaks to our daily diet, a little bit of mindfulness in what we cook and eat can go a long way in helping us live a life filled with abundant energy, focus and happiness.

Dream Runners, a group of health and wellness enthusiasts, have come together as a large family with a mission of building a healthy society around us. While actively pursuing our passion of running and fitness, we have also personally enabled small changes to our lifestyles towards leading an active and happy life.

Food and healthy eating is probably the most discussed on our social media platforms. Our Indian palates are genetically attuned to certain tastes.

While exotic salads, and fancy diet plans sound good on paper, their sustainability has most often been encountered as the key issue.

This collection of over 25 recipes is a celebration of Dream Runners' 17 year journey in bringing health and wellness into everyone's lives. The book outlines menus incorporating a variety of grains and greens, revising traditional recipes with a twist, sugar free (guilt free) dessert options. We can personally vouch for the positive changes it has brought about in our everyday health and wellness.

We do hope you enjoy cooking and relish them as much as we enjoyed putting them together. Go on make your "Being healthy" dream a reality.

To a healthy you for a healthier tomorrow!

Table of Contents



Recipe	Page
Breakfast	
Sweet potato idiyappam	7
Kappa puttu	8
Ragi smoothie	9
Oats, nuts & fruits bowl	10
Kaatuyaanam adai	11
Soya bean dosa	12
Breakfast laddu	13
Lunch	
Millet kichdi	15
Quinoa veggie bowl	16
Vegetable paneer pulao	17
High protein Asian curry	18
Easy veggies bake	19
Snacks	
Hummus - 3 variations	21
Savoury wheat scones	22
Vitamin bhel salad	23

Recipe	Page
Snacks	
Chutneys	24
Murungai keera soup	25
Poha cutlet	26
Dinner	
Rolled oats idli	28
Zucchini & oats chilla	29
Protein beetroot uttapam	30
Little millet upma	31
5 shots burrito	32
Desserts	
Baked dates delight	34
Dates & nuts laddu	35
Gond ke laddu	36
Karuppu kavuni rice laddu	37
Paneer chocolate mousse	38
Apple chocolate	39
Healthy fruit custard	40

CHAPTER 1

Breakfast



Sweet Potato Idiyappam

Sweet Potato, a traditional food of this land, is now considered as super food because of its high nutritional value and immense health benefits.

It is one of the most gut friendly food due to its high fibre content. Being a complex carbohydrate and low glycemic index food, it is highly energising. It is a complete meal by itself containing essential vitamins and minerals. It is also an alkaline food which helps to maintain acid balance in the body.

Ingredient	Amount	
Sweet Potato	250	Grams
Rice flour	200	Grams
Diced coconut for garnishing	2	Tbsp
Cooking oil	1	Tbsp
Salt		To taste
Water for making dough		As needed

Method of Preparation:

- Boil the sweet potatoes.
- Peel the skin and mash them nicely.
- Add rice flour, salt to taste and one teaspoon oil.
- Make nice dough and squeeze as small roundels using a steel / wooden press.
- Steam it for about 4 minutes.
- Garnish with coconut before serving.

Contributed by: Akila Ravi, Velachery Dreamers



Kappa Puttu



Kappa Puttu or Tapioca Rice Steamed Cake, is a soft and mildly sweet South Indian dish made with grated tapioca, rice flour, jaggery, and coconut.

The natural moisture from the tapioca helps bind the ingredients, resulting in a flavourful steamed cake. It is perfect for breakfast or as a sweet treat.

This sweet and nutty Kappa Puttu is a comforting, flavourful, and a wholesome dish.

Ingredient	Amount	
Grated tapioca (Cassava)	1	Cup
Rice flour	1	Cup
Diced coconut for garnishing	1/2	Cup
Diced jaggery	1/2	Cup
Ghee	2	Tbsp
Cashew nuts	8	Pieces
Salt		To taste

Method of Preparation:

- Mix tapioca, flour, salt, jaggery & coconut well
- Transfer the mixture to a Puttu maker or steamer and steam for about 10-15 minutes
- In a small pan heat ghee and roast the cashew nuts until golden brown.
- Garnish the Puttu with roasted cashew nuts and serve

Contributed by: Lavanya, Velachery Dreamers



Ragi Smoothie



Ragi, also known as 'finger millet' is a nutrient dense grain.

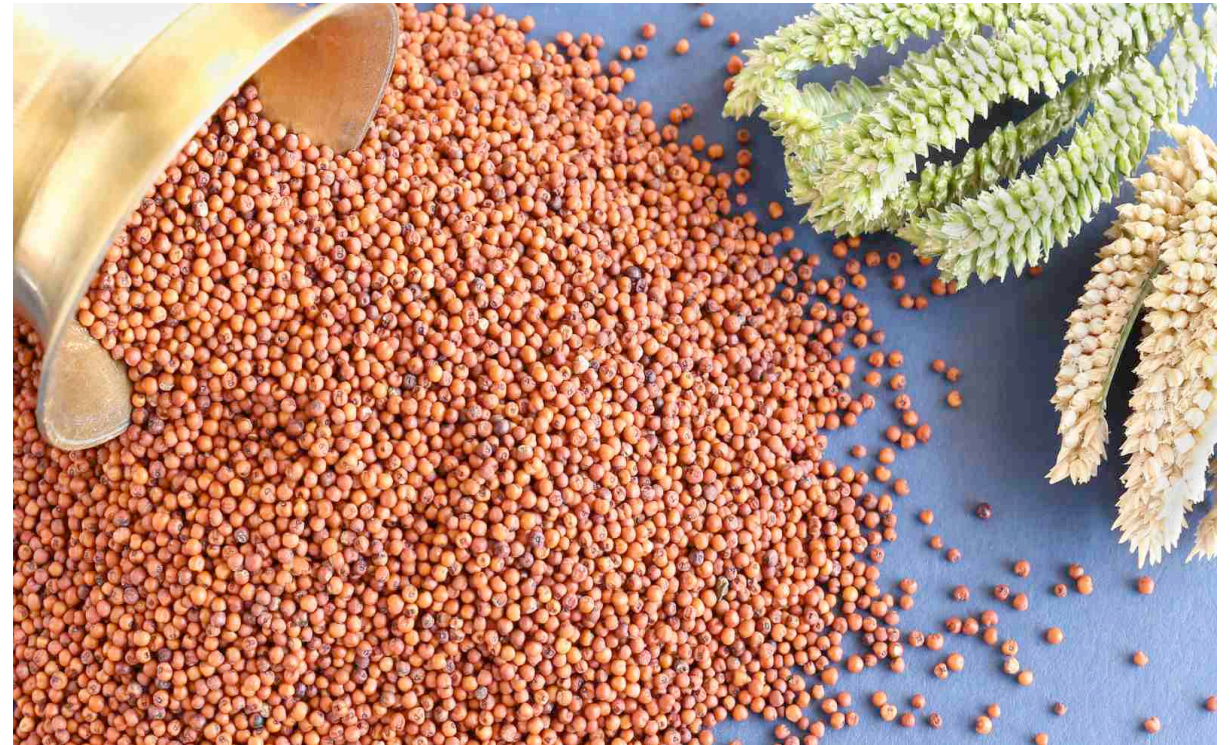
Adding ragi to smoothies is a versatile and tasty way to boost daily nutrient intake. Calcium rich ragi & almonds boost bone health. Iron & dietary fibre manages blood sugar levels. High fibre and protein content make it filling and promotes gut health.

Ingredient	Amount	
Ragi flour	1	Cup
Apple	1	Piece
Dates for sweetening	15	Pieces
Blanched almonds	15	Pieces
Flax seeds	1	Tbsp
Chia seeds	2	Tbsp

Method of Preparation:

- Cook ragi with enough water to porridge consistency
- Let it cool
- Soak dates in warm water
- Soak chia seeds in water for 15 minutes
- Blend all ingredients in mixer to get a smooth paste

Contributed by: Valli Ram, Velachery Dreamers



Oats, Nuts & Fruits Bowl

Simply a ‘goodness overloaded’, easy to make elixir for runners.

It is a flexible recipe allowing you to customise with different types of nuts & fruits. If needed, some protein powder can be added for additional benefit.

Ingredient	Amount	
Rolled oats	1/4	Cup
Milk (or any plant based milk like almond, soy or coconut milk)	1/3	Cup
Yogurt	1/2	Cup
Honey or Dates syrubb	1	Tbsp
Mixed nuts (almonds, walnuts etc)	1/4	Cup
Mixed seeds (Chia, flax, sunflower, pumpkin)	1/4	Cup
Handful of mixed dry fruits (raisins, cranberries, dates etc.		
Mixed fruits for topping(pomegranate, apple)		

Method of Preparation:

- Mix oats, milk & yogurt in a bowl until the oats are fully submerged
- Add the seeds and mix well
- Cover the bowl and refrigerate either overnight or 4-5 hours
- Top with fresh fruits and serve chilled

Contributed by: R Saravanan, Anna Nagar Dreamers



Kaatuyaanam Adai



Kattuyanam rice, a traditional red rice variety, offers several health benefits, including aiding digestion, helping manage blood sugar levels, and supporting heart health. It's rich in fiber and antioxidants, which can contribute to overall well-being and may help prevent or alleviate constipation.

It's a good source of essential nutrients like iron, magnesium, and vitamin B besides being an antioxidant.

Ingredient	Amount	
Kattuyaanam rice	1	Cup
Raw rice	1	Tbsp
White lobia	3/4	Cup
Red chillies	2-3	Pieces
Ginger	1	Pieces
Salt	1	To taste
Chopped onion (optional)	1	Cup

Method of Preparation:

- Soak the kaatuyaanam rice and lobia for about 4 hours
- Soak the raw rice separately
- Grind the soaked kaatuyaanam rice & lobia in a wet grinder
- Grind the raw rice, ginger & chilli and to the batter
- Add salt to taste
- The batter is ready for making dosa. No need to ferment
- Add chopped onion to the batter and make dosa (optional)

Contributed by: Haripriya Arunkumar, VMR Dreamers



Soya bean Dosa



Soybeans offer numerous health benefits, including being a complete plant-based protein source, containing heart-healthy fats, and being rich in fiber, potassium, and iron. Also, it helps ease menopausal symptoms, lower cholesterol, and potentially reduce the risk of certain cancers. It contains all nine essential amino acids.

Ingredient	Amount	
Moong Dal (whole)	1	Cup
Soya beans	1	Cup
Ginger	1	Piece
Garlic	2	Cloves
Curry leaves	1	Handful
Coriander leaves	1	Handful
Green chillies	4	Pieces
Salt		To Taste
Chopped onion (optional)	1	Cup

Method of Preparation:

- Soak the moong dal & soya beans overnight
- Grind all ingredients together to your preferred smoothness
- Heat the dosa tawa and make delicious dosa
- Chopped onion can be added while dosa is being made
- Serve with tangy tomato chutney

Contributed by: Bhooma, Bessie Dreamers



Breakfast Laddu



Ingredient	Amount	
Flattened red rice (Aval in Tamil)	500	Grams
Oats	500	Grams
Chana (with skin)	250	Grams
Whole green moong dal	100	Grams
Horse gram	100	Grams
Flax seeds	50	Grams
Chia seeds	50	Grams
Watermelon seeds	50	Grams
Pumpkin seeds	50	Grams
Almonds	25	Grams
Pistachio	25	Grams
Elaichi (optional)	4	Pieces
Ghee	4	Tbsp
Jaggery	2	Cups

Method of Preparation:

- Roast each ingredient one after another and let them cool
- Mix them together and grind coarsely
- For each 5 cups of the flour, add 2 cups of jaggery(5:2 ratio)
- Grind this mixture one more time
- Heat ghee in a kadai until hot & molten.
- Add the flour in small quantities
- Mix well and shape them into laddus

Pro Tips:

- Prepare the flour in bigger lots and refrigerate
- Whenever needed, add melted ghee and make laddus
- The ingredients for the flour can be changed as per your choice. For example, millets, legumes, makhana, barley, sesame seeds can be roasted and used
- The flour : jaggery ratio remains the same
- For a healthier version, use dates and jaggery in equal quantities.
- These laddus taste better with a slightly coarse texture



Contributed by: Vijayalaxmi Kishore, OMR Dreamers

CHAPTER 2

Lunch



Millet Khichdi



Foxtail millet offers numerous health benefits, including improved digestion, weight management, heart health, and blood sugar regulation. It's also a good source of nutrients like iron, calcium, and B vitamins, contributing to overall well-being.

Instead of foxtail millet, barnyard millet can be used with the same recipe.

Ingredient	Amount	
Foxtail millet (Washed)	1	Cup
Yelo moong dal	1/2	Cup
Water	3	Cups
Mixed vegetables (Carrot, beans, peas)	1	Cup
Cumin seed, ginger, turmeric	1	Tbsp
Ghee or coconut oil	1	Tbsp
Curry leaves for garnishing		
Coriander leaves for garnishing		
Salt & pepper		To Taste

Method of Preparation:

- In a pressure cooker sauté cumin seeds, ginger, turmeric and curry leaves
- Add millet, moong dal and vegetables
- Add water, salt and cook for upto 3 whistles
- Garnish with coriander and serve

Contributed by: Ravi Anandha Krishnan, Airport Dreamers



Quinoa Veggie Bowl



Quinoa offers numerous health benefits, including being a good source of complete protein, fiber, antioxidants, and several essential minerals. It also helps manage blood sugar levels, supports heart health, and is naturally gluten-free.

Simply put, it is a nutritional powerhouse.

Ingredient	Amount	
Quinoa (cooked)	1	Cup
Mixed vegetables (Carrot, bell peppers, zucchini, spinach)	1	Cup
Boiled chickpeas	1/2	Cup
Lemon juice	1	Tbsp
Olive oil	1	Tbsp
Curry leaves for garnishing		
Coriander leaves for garnishing		
Cumin powder, salt & pepper		To Taste

Method of Preparation:

- Heat olive oil in a pan and sauté the mixed vegetables for 3-4 minutes
- Add boiled chickpeas, cumin, pepper and salt
- Mix the cooked quinoa and toss well
- Garnish with lemon juice, coriander leaves and serve



**Contributed by: Ravi Anandha Krishnan,
Airport Dreamers**

Vegetable Paneer Pulao



This simple and yet delicious dish is hugely popular as a balanced meal with protein, carbohydrates and essential vitamins.

Paneer can be substituted with tofu also.



Ingredient	Amount	
Brown rice (cooked)	1/2	Cup
Paneer/Tofu (cubes)	1/2	Cup
Mixed vegetables (Carrots, beans, peas)	1/2	Cup
Cumin, turmeric, and garam masala	1	Tbsp
Ghee or coconut oil	1	Tbsp
Coriander leaves for garnishing		

Method of Preparation:

- Saute spices and vegetables in ghee
- Add paneer/tofu cubes and mix well
- Add cooked rice, stir, and simmer for 5 minutes
- Garnish with coriander leaves and serve

Contributed by: Ravi Anandha Krishnan,
Airport Dreamers



High Protein Asian Curry

Ingredient	Amount
Broccoli (blanched)	1 Cup
Low fat paneer (crumbled)	1/2 Cup
Ginger	1 Piece
Garlic	3 Pods
Thai basil leaves (optional)	6 Leaves
Coriander leaves stem	1 Bunch
Coriander powder	4 Pieces
Cumin powder	1 Tbsp
Chopped onion (optional)	1 Tbsp
Milk	2 Tbsp
Vegetable of your choice: Corn, carrots, zucchini, beans, mushroom, tofu (sauté a little separately)	1 Cup
Salt	To taste

Method of Preparation:

- Grind all ingredients except the vegetables to a fine paste, adding milk or whey water
- Sauté the vegetables on high flame until tender
- Add ground paste, salt, Maggi seasoning(optional)
- Bring to one boil
- Add a dash of lemon juice
- Serve hot with rice or noodles
- Can be had as a bowl of soup, if made a little thinner



**Contributed by: Anuradha Prashant,
Dream Runners**



Easy Veggies Bake



Ingredient	Amount	
Cauliflower	1	
Red & green capsicum (both)	1	Piece
French beans	12	Pieces
Carrot	2	Pieces
Green chilli	1/2	Piece
Coriander leaves	1	Handful
Spiral pasta	1	Cup
Garlic	2	Pods
Pepper pd & Oregano	1	Tbsp
Cashew nuts	5	Pieces
Butter & cooking oil	1	Tbsp

Method of Preparation:

- Blanch the cauliflower and cool it
- Puree it with green chilli and cashew nuts
- Cut all veggies in strips. Sauté it in oil. Add salt
- Boil the pasta
- Cook cauliflower puree in butter
- Add pepper pd, oregano and salt to taste
- Add the grated garlic to the puree and cook for 2-3 minutes stirring it continuously
- Add this to the vegetables and mix thoroughly
- Add water and cook in low flame for a minute
- Transfer to a baking dish
- Sprinkle with mozzarella cheese (optional)
- Bake till the cheese melts
- Serve hot



Contributed by: Samina Lal, Dream Runners

CHAPTER 3

Snacks



Hummus - 3 Variations



Ingredient	Amount	
Chickpeas	2	Cups
Garlic	4-6	Pods
Lemon juice	1	Tbsp
Olive oil	2	Tbsp
Salt		To taste
Coriander leaves	1/2	Cup
Pistachio	10	Pieces
Green chilli	2	Pieces
Beetroot	1	Piece
Sesame seeds	1	Tbsp

Method of Preparation: Base Recipe

- Blend cooked chickpeas, garlic, olive oil, lemon juice, salt
- The base is now ready

Method of Preparation: Coriander pistachio hummus

- Add coriander leaves, pistachios and green chillies to the base hummus and blend into a fine creamy paste

Method of Preparation: Roasted beetroot hummus

- Roast beetroot in oven (wrap beetroot in foil paper and bake it in over for 45 mins)
- Chop into pieces and add to base hummus paste and black pepper powder and blend it well until creamy

Method of Preparation: Garlic hummus

- Add additional garlic, sesame seeds to the base hummus and blend into a fine creamy paste



**Contributed by: Zainab Millwala Master,
Dream Runners**

Savoury Wheat Scones



Ingredient	Amount	
Khapli wheat flour (Can be substituted with regular wheat flour too)	2	Cups
Buttermilk - chilled	1	Cup
Baking powder	1	Tbsp
Baking soda	1/2	Tbsp
Salt	1/2	Tbsp
Chili butter (cold, cubed)	1/4	Cup
Cheddar cheese - grated	1/2	Cup
Onion - chopped	1	Tbsp
Green chilli - chopped	1	Tbsp
Coriander leaves - chopped	1	Tbsp

Method of Preparation:

- Preheat the oven to 200 degree Celsius. Line a baking tray with parchment paper
- In a large bowl, whisk together khapli flour, baking powder, baking soda and salt
- Rub in the cubed chilli butter using your fingers or a pastry cutter until the mixture resembles coarse crumbs
- Stir in grated cheese, chopped onion, chilli, and coriander
- Pour in the chilled buttermilk gradually, mixing gently with a spoon or fork until a soft dough forms. Do not over-mix
- Turn the dough onto a floured surface, gently pat into a 1-inch thick round. Cut into triangles or use a cutter for round scones
- Place scones on the tray, slightly apart. Bake for 18-22 minutes or until golden brown and a skewer inserted comes out clean
- Let them cool slightly before serving. Best enjoyed warm with extra chilli butter or plain/spiced yogurt



Khapli wheat flour, also known as Emmer wheat flour, is an ancient grain flour. It's high in fibre, rich in protein, and lower in gluten compared to modern wheat.

Contributed by: Reena Sathyan, Dream Runners



Vitamin Bhel Salad



Ingredient	Amount	
Mixed sprouts (among, chana)	1	Cup
Diced cucumber, onion, tomato (each)	1	Cup
Diced carrot	1/2	Cup
Diced bell pepper	1/2	Cup
Chopped fresh cilantro	1/4	Cup
Boiled sweet corn	1/4	Cup
Pepper pd & Oregano	1	Tbsp
Lemon juice	2	Tbsp
Chopped fresh mint leaves	1/4	Cup
Chaat masala	1	Tbsp
Green chutney	1	Tbsp
Tamarind chutney	1	Tbsp
Salt		To taste
Black pepper (Optional)	1/2	Tbsp
Tossed bread crumbs	2	Tbsp
Mix of roasted almonds and other seeds (Optional)		

Method of Preparation:

- In a small bowl, whisk together lemon juice, chaat masala, salt, black pepper, green chutney and tamarind chutney
- In a large bowl, mix rest of the ingredients
- Pour the dressing over the sprout mixture and toss gently
- Garnish with chopped cilantro, mint leaves and serve



**Contributed by: Reshma Gothi,
Anna Nagar Dreamers**

Chutneys



Ingredient	Amount	
Pumpkin, cut into small pieces	250	Grams
Roasted gram	1	Tbsp
Urad dal	1	Tbsp
Red chilli	1/2	Piece
Coriander leaves	1	Handful
Ginger	1	Piece
Oil for frying/seasoning	1	Tbsp
Green chilli paste	1	Tbsp
Avocado	1	
Extra virgin oil	1	Tbsp
Pepper powder	1/2	Tbsp

Method of Preparation: Pumpkin chutney

- Sauté urad dal and red chilli and add pumpkin
- Cover and cook well on low flame
- After cooling it down, grind along with roasted gram, green chilli paste, ginger and salt. Add water as needed
- Season with mustard seeds and curry leaves

Method of Preparation: Avocado chutney

- Smash the avocado with fork
- Add pepper powder and olive oil
- Mix everything and enjoy
- Good accompaniment for chila/toast/papdi



**Contributed by: Samina Lal,
Dream Runners**



Murungai Keerai Soup



Ingredient	Amount	
Drumstick leaves	1	Cup
Drumstick`	1	Piece
Chopped onion	1/2	Cup
Moong dal	6	Tbsp
Green chilli	1	Piece
Ghee	2	Tbsp
Masala - Yelachi (4), star aniseed (1), cinnamon (1), clove (4), kalpasi		
Garlic	4	Pods

Method of Preparation:

- Boil moong dal in pressure cooker (4-5 whistles)
- Sauté the spices, onion, chilli, garlic and drumstick in ghee till they turn brown
- Add cooked moong dal with water for desired thickness and boil for 10 minutes
- Blanch the murungai leaves for 5 minutes in boiled water
- Grind the leaves and add to the boiling dal.
- Strain the mixture and serve it with crushed pepper



Contributed by: Haripriya Arunkumar,
VMR Dreamers

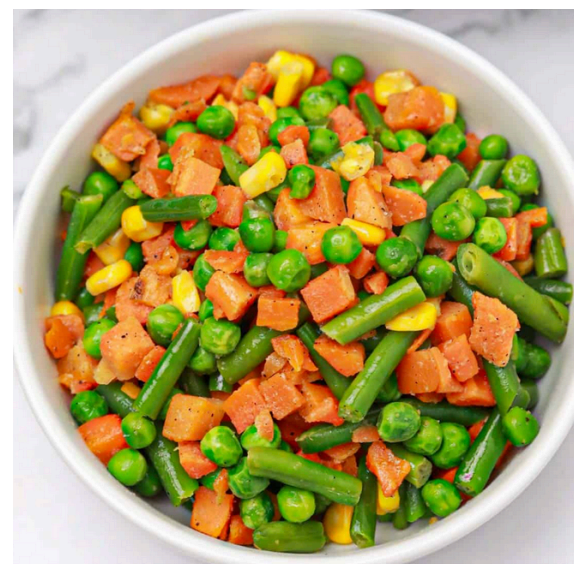
Poha Cutlet



Ingredient	Amount	
Medium thick poha	2	Cups
Boiled and mashed mixed vegetables (Carrot, beans, peas, potato, beetroot, sweetcorn)	1	Cup
Chopped onion	1/2	Cup
Green chilli	1	Piece
Lime juice	1	Tbsp
Garam masala	1	Tbsp
Turmeric	1	Pinch
Coriander leaves	1	Handful
Oil	2	Tbsp
Salt		To taste

Method of Preparation:

- Chop onion and chilli
- Sauté them with a tbsp of oil
- Add chopped coriander leaves and let it cool
- Rinse the poha. Squeeze out excess water
- Mix all ingredients together till it becomes a nice, thick dough
- Shape the dough into patties and toast with minimum oil on a hot tawa (both sides)
- Serve hot with tamarind sauce, or coriander-mint chutney



Contributed by: Vijayalaxmi Kishore, OMR Dreamers

CHAPTER 4

Dinner



Rolled Oats Idli



Ingredient	Amount	
Rolled oats	1	Cup
Semolina	1/2	Cup
Curd	1/2	Cup
Flaxseed powder	1	Tbsp
Chia seeds	1	Piece
Mustard seeds	1	Tbsp
Urad dal	1	Tbsp
Green chilli - finely cut	1	
Ginger	1	Piece
ENO fruit salt	1	Sachet
Masala for preparing tadka, as required		

Method of Preparation:

- In a bowl, mix oats, semolina, curd, flaxseed powder, chia seeds, salt and water
- Add tadka and leave it aside for 15 minutes.
- Add ENO and grind the mixture into a fine paste
- Grease the idli mould with preferred oil and pour the batter
- Cook till it is done
- Enjoy with preferred chutney



**Contributed by: Samina Lal,
Dream Runners**



Zucchini and Oats Chilla

Ingredient	Amount	
Instant oats	1	Cup
Semolina	1/2	Cup
Curd	3	Tbsp
Zucchini - grated	1	
Carrot - grated	1	
Onion - finely cut (optional)	1	
Green chilli - finely cut	1	
Ginger paste	1/2	Tbsp

Method of Preparation:

- Grind oats into fine powder
- Add semolina, curd, vegetables and ginger paste
- Add salt to taste
- Keep it aside for 5 minutes
- The batter is now ready to use
- Enjoy with your choice of chutney



**Contributed by: Samina Lal,
Dream Runners**



Protein Beetroot Uttapam

Ingredient	Amount	
Dosa batter	2	Cups
Small beetroot - grated	1	
Tofu	1/2	Cup
Carrot - grated	1/4	Cup
Sweet corn - boiled	1/4	Cup
Beans - chopped & sautéed	1/4	Cup
Salt, pepper, cumin (as needed)		
Ghee/oil	1	Tbsp



Method of Preparation:

- Mix beetroot with the dosa batter along with salt and spices
- Grease the heated tawa with ghee/oil
- Pour a ladle of batter and spread
- Sprinkle the toppings like tofu, carrot, corn & beans
- Gently press them into the batter
- Cook well on both sides
- Serve hot with your favourite chutney or sambar



Contributed by: Vicky S, Marina Dreamers

Little Millet Upma



Ingredient	Amount	
Little millet	1	Cup
Urad dal	2	Tbsp
Hing	1/2	Tbsp
Green chillies - chopped	2	
Ginger - grated	1	Tbsp
Mustard seeds	1/2	Tbsp
Jeera seeds	1/2	Tbsp
Ghee/oil	2	Tbsp
Onion - finely chopped	1	
Choiced of mixed vegetables - finely chopped	1/2	Cup
Curry & coriander leaves		
Salt & water as needed		

Method of Preparation:

- Wash and soak the little millet overnight
- Prepare tadka with seeds, urad dal and oil
- Add hing, green chillies, ginger, curry leaves and sauté
- Add onion and vegetables and sauté for 2-3 minutes till they turn tender
- Add water and bring to a boil. Drain the soaked millet and add
- Add salt as you stir
- Cover the pan and cook for 8-10 minutes
- Garnish with coriander leaves and serve hot



Contributed by: Kiran Sharma, MRC Dreamers

5 Shots Burrito



Ingredient	Amount	
Snake gourd - deseeded and cut into burrito sized pieces	1	
Soya chunks	1/2	Cup
Tofu or Paneer - crumbled	1/2	Cup
Carrot	1/2	Cup
Beans (green beans or kidney beans)	1/2	Cup
Ginger & garlic paste	1/2	Tbsp
Garam masala	1	Tbsp
Ghee/oil	1	Tbsp
Salt & water as needed		

Method of Preparation:

- Cut the edges out of the snake gourd (Pic 1)
- Remove the seeds and soak in hot water for 5 minutes (Pic 2)
- Soak carrots, beans, soya chunks and tofu in hot water for a while
- Drain the water and add ginger garlic paste, garam masala & salt (Pic 3)
- Mix everything and stuff into the softened snake gourd (Pic 4)
- Add 1/4 cup water and cook for 5 shots/whistles or 6-7 minutes on medium heat (Pic 5 & 6)
- The stuffed snake gourd can be lightly fried for a crispy texture or serve as is (Pic 7 & 8)
- Optionally, you can fry the contents of the stuffing before filling in



Contributed by: Narayanamoorthy,
Velachery Dreamers

CHAPTER 5

Desserts



Baked Dates Delight



Ingredient		Amount
Milk	2-1/2	Cups
Seedless dates	2	Handful
Eggs	2	

Method of Preparation:

- Add the dates to the milk and boil till soft (About 5 minutes)
- Let it cool completely
- Add eggs to it and grind
- Pour the mixture in a baking dish and bake it at 120 degree for 45 minutes
- Serve it hot or cold
- Garnish with roasted almonds or any seasonal fruits



Contributed by: Samina Lal,
Dream Runners



Dates & Nuts Laddu



Ingredient	Amount	
Dates - deseeded	500	Grams
Almonds - cut into small pieces	100	Grams
Cashews - cut into small pieces	100	Grams
Pistachios - cut into small pieces	50	Grams
Raisins - cut into small pieces	1	Cup
Coconut - grated and dry	1	Cup
Pumpkin seeds	1	Cup
Watermelon seeds	1	Cup
Poppy seeds (Khus khus)	3	Tbsp
Ghee	1	Cup
Cardamom powder	1	Tbsp



Method of Preparation:

- Heat 1 Tbsp ghee and roast almonds for a minute & keep it aside
- Repeat the previous step for cashew nuts
- Repeat the previous step for pista & raisins
- Repeat the previous step for seeds
- Repeat the previous step for khus khus and coconut
- Slow cook dates in remaining ghee for 5 minutes until soft
- Now, mix all ingredients together.
- Shape the mixture into small balls
- The laddu is ready to serve

**Contributed by: Kiran Sharma,
MRC Dreamers**



Gond ke Laddu



Ingredient	Amount	
Whole wheat flour (atta)	2	Cups
Gond (edible gum)	1/2	Cup
Ghee	1	Cup
Powdered jaggery or sugar	1	Cup
Mixed nuts (almonds, cashew, pistachios) - finely chopped	1/2	Cup
Desiccated coconut (optional)	2	Tbsp
Cardamom powder	1	Tbsp
Dried ginger powder	1	Tbsp

Method of Preparation:

- Heat 2 Tbsp ghee on medium heat and add edible gum in small batches
- Fry until they expand and turn light golden. Keep it aside
- Fry the nuts and coconut in that order by adding some more ghee
- Roast the flour in remaining ghee in low to medium heat
- Stir continuously for about 15-20 minutes till it releases a nutty aroma
- Mix all ingredients thoroughly
- Turn off the stove and let it cool
- Add jaggery to the mixture
- Shape the mixture into small balls
- The Gond ke laddu is ready to serve

Contributed by: Mahendra Kumar, Velachery Dreamers



Karuppu Kavuni Rice laddu

Ingredient	Amount	
Karuppu kavuni rice	1	Cup
Palm sugar	1	Cup
Almonds	1	Cup
Dates	1	Cup
Cashew nuts	1	Cup
Desiccated coconut	1	Cup
Cardamom powder	1/4	Tbsp
Ghee	150	Grams

Method of Preparation:

- Wash & soak the rice for about 5 minutes
- Fry the rice on medium heat with the ghee till rice starts spluttering
- Let it cool down
- Grind the rice along with the nuts, dates and cardamom powder
- Add palm sugar and coconut and grind a little more
- Shape the mixture into small balls
- Karuppu kavuni rice laddu is ready to serve



Contributed by: Seema K,
Velachery Dreamers

Paneer Chocolate Mousse

Ingredient	Amount	
Paneer	80	Grams
Milk	1	Tbsp
Cocoa powder	1-1/2	Tbsp
Vanilla extract	1	Tbsp
Chocolate (optional)	2	Pieces
Jaggery or honey		To taste
Finely chopped nuts or fresh fruits for garnishing - as needed		



Method of Preparation:

- Bring the paneer to room temperature
- In a blender, crumble/grate the paneer; add milk and blend
- Once the mixture is smooth, add cocoa powder and jaggery/honey
- Transfer into a bowl and chill it for a few hours
- Garnish with fruits & nuts and serve



Contributed by: Anusha Hariharan, Bessie Dreamers

Apple Chocolate



Ingredient		Amount
Apples	4	Pieces
Chocolate	250	Grams

Method of Preparation:

- Melt the chocolate in a pan
- Peel the apples and boil them
- Drain and cool down the apples
- Mix both chocolate and apples in a blender and blend till smooth
- Refrigerate the contents for 5-6 hours and let it set
- Now it is ready serve



Contributed by: Sindhu Raghavan, Dream Runners

Healthy Fruit Custard



Ingredient	Amount	
Milk (Almond milk for vegan option)	1	Cup
Makhana (Lotus seeds)	2	Cups
Ripe banana	1	
Almonds & cashews	1	Handful
Grapes & apples - chopped into small pieces	1/2	Cup
Pomegranate seeds	2	Tbsp
Saffron (optional)	1	Pinch

Method of Preparation:

- Soak the almonds and cashews overnight in water
- Peel the almonds
- Boil the milk and add makhani, nuts and saffron
- Let it soak for an hour
- Transfer the content to a blender. Add banana and blend until smooth and creamy
- Pour the mixture into a bowl. Top with chopped fruits
- Refrigerate for about 2 hours
- Serve chilled



**Contributed by: Brinda Rao,
Anna Nagar Dreamers**

General Health & Nutrition Notes



1. Hydrate Adequately

Drink water, tender coconut, and electrolyte water regularly, especially during long runs. Aim for:

- 500-600 ml of fluid 2 hours before running
- 200-300 ml every 15-20 minutes during exercise

Monitor urine colour to ensure hydration (white/pale yellow).

2. Balanced Diet

Focus on complex carbohydrates (whole grains, fruits, vegetables), lean proteins (chicken, fish, beans, lentils, tofu), and healthy fats (nuts, seeds, ghee). This supports energy, muscle function, and recovery.

3. Carb Loading

Increase complex carbohydrate intake 1-3 days before long runs or competitions to maximise glycogen stores and delay fatigue. Focus on whole grains, fruits, and vegetables.

4. Electrolyte Balance

Include electrolyte-rich foods or supplements, especially during intense or long runs. Key electrolytes:

- Sodium (sports drinks, gels, salt tablets, etc)
- Potassium (bananas, dates)
- Magnesium (bananas)

Consider beet juice (100-120 ml, 90 minutes before a long run) to improve performance.

5. Post-Run Recovery

Consume a mix of carbohydrates and protein within 30-60 minutes after running. Aim for:

- 20-30 gm protein
- Complex carbohydrates (rice, roti, millets, potatoes)

This helps replenish glycogen stores and supports muscle repair.

6. Listen to Your Body

Rest and recover when needed. Consult a doctor if experiencing persistent issues. Pay attention to signs of fatigue, injury, or illness.

7. Fuel Your Runs

Eat a light meal or snack 1-3 hours before running, focusing on easily digestible carbohydrates. Avoid heavy meals, high-fibre foods, and caffeine. Opt for foods like bananas, toast with honey, or energy gels.

8. Get Enough Sleep

Aim for 7-9 hours of sleep each night to aid in recovery and performance. Adequate sleep regulates hormones, repairs muscles, and improves cognitive function.

Contributed by: **Shiny Surendran,**
International Olympic Committee certified Sports Nutritionist

Dream Palate

Edition #2

