

MINDFUL MEALS WITH DR. RAK

PLANT-BASED INDIAN SNACK PARTY!

*A whole-food, plant-based Indian feast —
cooked together.*



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RECIPE GUIDE



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Plant-Based INDIAN SNACK PARTY!

A whole-food, plant-based Indian feast — chutneys, pakoras, chaat, lassi — cooked together with care and intention.

ON THE MENU

- Tamarind date chutney
- Mint cilantro chutney
- Baked kale & onion pakoras
- Mango lime "faux-yo" lassi
- Chaat gone WFPB



Mindful Meals

WITH DR. RAK ("ROCK")

Welcome TO THE TABLE

Tonight we're going to India. Pakoras hot from the oven, two chutneys bursting with freshness, a WFPB chaat piled on seedy crackers, and a creamy mango lassi that tastes like dessert but eats like medicine.

Every dish on the menu is whole-food, plant-based, and made without oil. You are going to be amazed at how much flavor comes from spice, technique, and real ingredients treated with care.

This is not diet food. This is a **celebration** — of plants, of culture, and of the profound act of cooking something beautiful from scratch.

"When you cook with intention, the meal feeds more than your body."

- Dr. Rak

What you WILL NEED - CHUTNEYS & PAKORAS

Most spices can be bought in bulk — a little goes a long way in Indian cooking.

CHUTNEYS

P. 07-08

PANTRY

- Tamarind concentrate (2 tbsp)
- White miso paste (1½ tsp, divided)
- Walnuts (¼ cup)

SWEETENERS

- Date sugar (½ cup — for tamarind chutney)
- Dates, small (4 — for mint chutney)

PRODUCE

- Mint leaves (1 cup)
- Cilantro (2 cups, leaves + stems)
- Lemon (1)
- Green chili or jalapeño (optional)

BAKED PAKORAS

P. 09

PANTRY

- Chickpea flour / besan (1½ cups)
- Nutritional yeast (¼ cup)
- Baking powder (1 tsp)
- Tahini (1 tbsp)
- White miso paste (2 tsp)
- Cornstarch (2 tbsp)

SPICES

- Garam masala (1½ tsp, divided)
- Garlic powder (1 tbsp)
- Ginger powder (1 tbsp)
- Cayenne / red chili (optional)

PRODUCE

- Kale (2 cups, finely chopped)
- Red onion (1 cup, thinly sliced)
- Cilantro (½ cup, chopped)
- Green chili or jalapeño (1–2, optional)

What you WILL NEED - LASSI & CHAAT

Shop produce the day of for best freshness. Silken tofu keeps in the pantry until opened.

MANGO LASSI

P. 10

REFRIGERATED

- Silken tofu, 12 oz (1 block)
- Unsweetened plant milk (½ cup)

PRODUCE / FROZEN

- Mango (3 cups, diced — fresh or frozen)
- Limes (2)

SPICES

- Ground cardamom (1 tsp)

SWEETENERS

- Dates (¼–½ cup, to taste)

CHAAT

P. 11

PANTRY

- Mary's Gone Crackers or TJ Super Seedy Crackers (1 packet)
- Canned chickpeas (1 cup drained)

PRODUCE

- Small white potatoes (2–3 medium → 1 cup cubed)
- Red onion (½ cup, finely chopped)
- Cilantro (¼ cup, chopped)
- Lemon (1)

SPICE BLEND

- Cumin powder (½ tsp)
- Coriander powder (½ tsp)
- Garam masala (½ tsp)
- Cayenne (¼ tsp, optional)

Before WE COOK

A little prep makes our 90-minute cook-along smooth and fun. Two things ahead — then we're ready when we go live.

01

CHOP & SLICE PRODUCE.

Kale (2 cups, fine), red onion (1 cup thin slices for pakoras + ½ cup fine chop for chaat), cilantro (½ cup for pakoras, 2 cups for chutney), mint (2 cups). Keep them separated.

02

PREP POTATOES & CHICKPEAS.

Boil or microwave small white potatoes until tender (need 1 cup cubed). Drain and rinse canned chickpeas (1 cup). These can be done up to a day ahead.

ORDER OF OPERATIONS (90 MIN)

- 0:00** Mindful meditation · welcome

- 0:10** Start tamarind chutney (simmer on stove)

- 0:20** Blend mint cilantro chutney

- 0:30** Mix pakora batter · into oven

- 0:50** Blend mango lime lassi · chill

- 1:05** Pakoras out · rest

- 1:15** Assemble chaat · plate everything

- 1:25** Serve · eat · enjoy

TOOLS TO HAVE OUT

- Sheet pan + parchment
- Blender or food processor
- Small saucepan (chutney)
- Two large mixing bowls
- Citrus juicer
- Two kitchen timers

DR. RAK'S NOTE –

Pre-measure all spice blends into small bowls before we go live. The chaat spice blend and the pakora spice blend are different — keep them in separate dishes.

THE SWEET & SOUR

*The classic drizzle***TAMARIND DATE CHUTNEY**

MAKES ~1 CUP · 10 MIN

INGREDIENTS

½ cup date sugar

1 cup water

2 tbsp tamarind concentrate

½ tsp white miso paste

DR. RAK'S NOTE –

Make this first — it needs 5–10 minutes to simmer and thicken, and it only gets better as it sits. Cool before serving.

DIRECTIONS

- 01** Combine all ingredients in a small saucepan over medium heat.
- 02** Stir and bring to a gentle boil, then reduce heat and simmer until thickened, about 5–8 minutes.
- 03** Let cool before serving — it thickens further as it cools.
- 04** Taste and adjust: more date sugar for sweet, more tamarind for sour.



THE FRESH & BRIGHT

Bright green, bold flavor

MINT CILANTRO CHUTNEY

MAKES ~1 CUP · 5 MIN

INGREDIENTS

1 cup mint leaves

2 cups cilantro (leaves + stems)

4 small dates

¼ cup walnuts

Juice of 1 lemon

¼–½ cup water

1 tsp white miso paste

OPTIONAL

1 green chili or jalapeño

DIRECTIONS

- 01** Add all ingredients to a blender or food processor.
- 02** Blend until smooth, adding water a little at a time to reach the consistency you want — thicker for dipping, looser for drizzling.
- 03** Taste and adjust: more lemon for brightness, more dates for sweetness.
- 04** Serve immediately or refrigerate until needed. Keeps well for 2 days.

DR. RAK'S NOTE –

The walnuts add body and richness — this is what replaces the oil most chutneys lean on. Don't skip them.



THE STAR OF THE SHOW

crispy, golden, no oil needed

BAKED KALE & ONION PAKORAS

SERVES 4-6 · 35 MIN

DRY INGREDIENTS

1½ cups chickpea flour (besan)

1 tsp garam masala

1 tbsp garlic powder

1 tbsp ginger powder

¼ cup nutritional yeast

1 tsp baking powder

WET INGREDIENTS

½ cup water (+ up to 3 tbsp more)

1 tbsp tahini

2 tsp white miso paste

FOLD-INS

2 cups kale, finely chopped

1 cup red onion, very thin slices

½ cup cilantro, chopped

DIRECTIONS

- 01** Preheat oven to **375°F**. Line a sheet pan with parchment.
- 02** Whisk all dry ingredients in a large bowl.
- 03** Whisk wet ingredients separately, then pour into dry. Stir to combine.
- 04** Fold in kale, red onion, and cilantro. Batter should be thick but scoopable — add water 1 tbsp at a time if needed.
- 05** Scoop small portions onto the sheet pan, shaping into fritters.
- 06** Bake **15 min**, flip, then bake another **10–15 min** until golden and crispy.
- 07** Serve warm with both chutneys alongside.

DR. RAK'S NOTE –

The tahini + miso carry the richness and depth that oil usually provides. Chickpea flour binds and crisps beautifully — trust the batter, don't add too much water.

THE SIP

Creamy, tropical, secretly WFPB

MANGO LIME "FAUX-YO" LASSI

SERVES 4 · 5 MIN

INGREDIENTS

- 12 oz silken tofu (1 block)
- 3 cups mango, diced (fresh or frozen)
- Juice of 2 limes
- ½ cup unsweetened plant milk
- ¼–½ cup dates (to taste — depends on mango sweetness)
- ½ tsp ground cardamom

DR. RAK'S NOTE –

Reserve ½ cup of the date-sweetened tofu-lime base before adding the mango — it goes on the chaat as a cool, tangy drizzle.

DIRECTIONS

- 01** Blend the tofu, lime juice, plant milk, and dates until completely smooth and creamy.
- 02** **Reserve ½ cup of this base** for the chaat topping before going further.
- 03** Add the mango and cardamom to the blender; blend until smooth.
- 04** Adjust sweetness with more dates if needed. Chill until serving.

TIP **Frozen mango** works perfectly here and chills the lassi naturally — no ice needed, and it's often sweeter than fresh.



THE PARTY PIECE

Built, not cooked

CHAAT GONE WFPB

SERVES 4 · 10 MIN ASSEMBLY

COMPONENTS

1 packet Mary's Gone Crackers (or TJ Super Seedy)

1 cup boiled chickpeas

1 cup boiled potatoes, cubed

½ cup red onion, finely chopped

¼ cup cilantro, chopped

Juice of 1 lemon

Mint cilantro chutney (p. 08)

Tamarind date chutney (p. 07)

½ cup date tofu-lime blend (reserved from lassi, p. 10)

CHAAT SPICE BLEND

½ tsp cumin powder

½ tsp coriander powder

½ tsp garam masala

¼ tsp cayenne (optional)

DIRECTIONS

- 01** Toss the boiled potatoes and chickpeas with the chaat spice blend and the juice of 1 lemon.
- 02** Arrange crackers on a plate or platter — these are your base.
- 03** Spoon the spiced potato and chickpea mixture over the crackers.
- 04** Top with finely chopped red onions and cilantro.
- 05** Drizzle **mint cilantro chutney** and **tamarind date chutney** generously over everything.
- 06** Add a spoonful of the **date tofu-lime blend** on top — cool, creamy, tangy contrast.
- 07** Serve immediately — chaat waits for nobody.

DR. RAK'S NOTE —

Chaat is all about layering — sweet, sour, spicy, crunchy, creamy all in one bite. Don't hold back on the chutneys.



CLOSING REFLECTION

EMBRACE A VIBRANT, ABUNDANT LIFE

As we part ways, I want to remind you of the profound connection we share with our food. Cooking and eating mindfully — being present with every chop, stir, and bite — enriches not just our meals, but our lives.

It is a practice that nourishes our bodies, calms our minds, and connects us more deeply to the world around us. Here's to embracing this mindfulness in every aspect of our lives, and to the countless flavorful moments ahead.

Live Well and RAK On!

— DR. RAK

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