

Mumbaikars get to learn the benefits of whole plant based diet

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Using ingredients that are healthy, nutritious and apt for the body to make food that is tasty was the aim of the workshop conducted by Jaishree Kannan at Colaba. The food that made an appearance at the workshop was smoothies, pakodas, pizzas and more. So how was it healthy? Well the delicious smoothies were green and plant based, milk shots were almond milk based full of calcium, the idlis were made from red rice, the pakodas were oil free and the pizzas had cashew cheese!

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Yes this was the healthy diet that was taught in the Cooking for Health session by Kannan and Kommal Shah who shared their own successful health journeys at the session. Sharing her experience Kannan said, "After my rendezvous with cancer, I followed a whole plant based diet and found amazing results. The food tasted really delicious and had a soothing effect on the body. It motivated me to re-learn cooking from the basics. It is so much fun and satisfying to cook a tasty meal using ingredients that are nutritious and apt for the body. Reading books, attending workshops and knowing the benefits of a whole plant based diet has been an eye opener for me. I realised one diet can fight all illnesses."



The participants simply loved the food as the class broke the myth that healthy food means boring and got to know that the whole plant based diet is actually a diet of celebration and not deprivation!