



Healthy Indian Bites

Eat Healthy, Live Healthy.



[Lotus Seed](#) or Lotus nut Bhel- Snack food recipe is easy to cook, nutritious to eat and is a side dish. It is a [chaat food recipe](#) inspired from famous Indian street food recipe- Indian Bhel, Bombay Snack. Love adding it, in different dishes like vegetables, healthy Indian snack, Indian Vegetables and soups. Lotus seed takes 20-25 min to cook recipe. Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [HealthyIndianBites](#) food blogs, includes Phool Makhana in healthy food list. We truly, love benefits of Phool Makhana/ Lotus seeds. It is white in color and crunchy to eat. Blending it with Indian sauce - Tamarind chutney makes it a healthy nutritious food recipe. Hopefully, viewers like it. We look forward for your comments and suggestion. For latest and regular updates, enroll us on our [newsletter](#). For live demo on cooking, please refer our cooking channel on [Social Media](#).

Instagram ID: [Healthy.Indian.Bites](#)

Youtube and Facebook: [HealthyIndianBites](#)

Health Benefits of Lotus Seed.

1. Lotus seed relieve pain, manage weight and reduce blood sugar levels.

2. Promotes digestive health, supports heart health, regulates [blood sugar level](#) and supports weight management.
3. Treats insomnia, Good for Diabetic patients, Anti-ageing, heal diarrhea.
4. It includes major nutrients like Manganese, Magnesium, Phosphorous, Vitamin B1, Tryptophan.
5. Lotus seed blended with Tamarind- Jaggery chutney is not only tasty combination, but it adds high nutrition value to foods as well.

Best Cooking method of Phool Makhana.



Steps by Cooking Instructions:

- 250 gm crushed Phool Makhana or Lotus seeds.
- 2 finely chopped green chili.
- 1 Onion chopped.
- 2 Tomatoes diced.
- 2 boiled Potatoes.
- 1 teaspoon Fennel seeds.
- 5-10 gm Tamarind.
- 20 gm Jaggery.
- few strands of Coriander.
- few strands of Mint.
- 1 teaspoon Salt.
- 1 teaspoon Turmeric powder.
- 1 teaspoon Sesame seeds.

- 2-3 whole red chili.
- 1 teaspoon Mustard seeds.
- 1/2 cup whole Peanut.
- 1/2 cup Curd.
- 2-3 teaspoon cooking oil.

Cooking Preparation

1. 20 gm Jaggery, 5-10 Tamarind, 1 teaspoon salt and 2-3 whole red chilli add to a pan. Mix well.
2. Add water and mix well on low flame.
3. Extract bigger pieces. Boil to thicken it a bit.
4. Freeze for 20 minutes in a refrigerator.

Authentic Indian Sauces - Tamarind Chutney

1. Add 1-2 teaspoon cooking oil to a pan.
2. Add 1 teaspoon Fennel, Sesame seed, Mustard seed, Turmeric, Coriander and Salt.
3. Add 1/2 cup whole Peanut to a pan.
4. 250 gm crushed Lotus seeds mix well. Sauté on a pan at lowest flame.

Creative Culinary Recipes

1. Chopped coriander leaves, Mint and green Chili add to curd.
2. Add crushed, sauté Lotus seed mix with curd mix.
3. Add smashed boiled potatoes in a mix. Mix well.
4. Mix tamarind chutney and form binding.
5. Serve in a plate. Sprinkle onion, tomatoes, mint and coriander. Add crackers or fried snacks to decorate. (This step is as per taste)

Lotus Seeds Nutrition 100 gm.

- May promote heart health and stabilize blood sugar levels.
- Rich in nutrients, high antioxidants and supports anti-ageing properties.
- Add 1-2 glasses of water to steamer.
- Pre-heat steamer before starting to cook recipe.
- Maintain temperature from low to medium heat cooking food in steamer.
- Avoid adding red-chili powder to recipe.
- Adding sesame to recipe helps promote weight loss.

Side Effects of Lotus Seeds.

Lotus seeds are a low calorie, low fat and low salt content food products. Different vitamins and minerals like Manganese, magnesium, potassium, thiamin, protein and phosphorous present in them make it right source of foods. Such foods promote better digestion, manage diabetes and improve cardiac condition.



1. Maintaining right balance of 20-30 gm of Phool Makana every day is sufficient. Excess of it, causes side effects like indigestion, stomach cramps, bloating and constipation.
2. Phool Makhana is good for Diabetic People. And it is good that pregnant woman and diabetic people consult doctor about it.
3. Further, eating too much of makhana can lead to flu, cough and diarrhea.

Where to BUY Lotus Seed for Cooking??

In India, it is available in loose packing, weighed in gm otherwise can be bought in packaging as well. It costs around 1 Rs for every gm. Well, known Indian companies selling it are Vedaka, Mr. Merchant roasted makhana, Rajbhog Fox Nuts etc.

For reference, checkout HealthyIndianBites Lotus seed/ Phool Makhana food recipes:

Phool Makhana/ Lotus seed can be bought from nearby grocery shop. Further, it can be bought online through e-commerce websites like Amazon, Flipkart, Indiamart, Bigbasket, Dmart etc.