the praanify cookbook

Full Plate, *Flat Sugar*

The food my family actually eats now. Rebuilt, retested, and carried from one Indian kitchen to another.



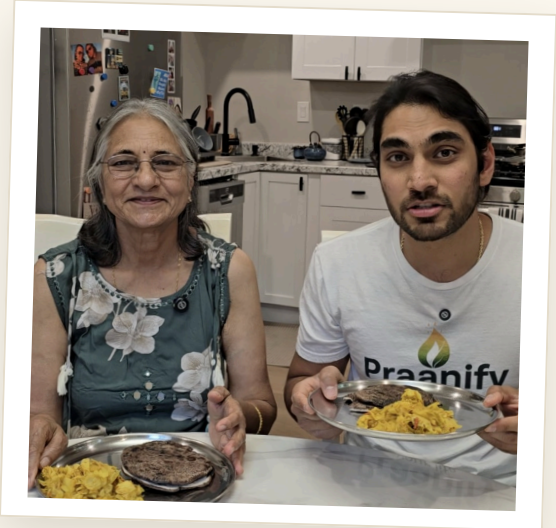
mummy asked twice if there was sugar in it

by Pranav

PRAANIFY

a note from my kitchen

My mum reversed her diabetes. This is how we eat now.



Mummy and me, same table, same food you are about to make

For thirteen years my mum lived with diabetes. Two years ago she did the thing most people are told is impossible. She stepped away from everyday roti and rice, changed what sat on her plate, and brought her blood sugar all the way back. Today she takes no medication at all.

I wanted to understand exactly why it worked, so I put a glucose monitor on my arm, and then on hers, and we started testing our food. Not guessing, measuring. The same dal chawal that once spiked her to **207** became a number we could finally see and learn from.

This book is everything that passed the test. The mithai I grew up loving, rebuilt without sugar. The breakfasts and mains we actually eat on a normal weekday. Two rotis that barely move the needle. And the small tricks for the days you simply want your rice. Every number next to every recipe is real, measured on a **Freestyle Libre 3**.

Make them for your family. This is how we eat now, and we are not going back.

Glucose measured with a Freestyle Libre 3. I am not diabetic. My mum has reversed hers, and everyone's body is different, so your numbers will vary. This is what worked for us, it is not medical advice. If you are diabetic or on medication, please talk to your doctor before changing how you eat.

Pranav

Praanify

what is inside

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And last, for the days you want roti and rice anyway ..... *the hacks*

> *p.s.* — the soya roti took me nine tries to roll without cracking. Do not give up on it. The number it gives you back is worth every one.

PRAANIFY

no. one

Praanified Gajar Ka Halwa

This is the one I was most nervous to test. Store-bought gajar ka halwa has around **55g of sugar** in it, and it gave me a spike followed by a proper headache. So I rebuilt it with paneer and almonds instead of sugar and khoya. It barely touched my glucose.

what it did to me: **8 mg spike** 20G PROTEIN · NO ADDED SUGAR · NO OIL · 30 MIN

← mummy's winter favourite



tastes just like the real thing

What you need

2 cups	grated carrots
½ cup	crumbled paneer
2 tbsp	chopped almonds
2 tbsp	monk fruit sweetener
½ tsp	cardamom powder
½ cup	milk, optional

a few strands of saffron

How I make it

1. Sauté the grated carrots in a non-stick pan with **no oil** at all.
2. Pour in the milk and cook until the carrots go soft.
3. Stir in the monk fruit, cardamom and crumbled paneer.
4. Keep stirring until it thickens up and looks like halwa.
5. Garnish with saffron and eat it warm.

> Mummy — *"Isme sugar nahi hai? Sach me?" She asked twice. That was the moment I knew it had worked.*

my note The paneer and almonds slow everything down, so instead of a sugar crash you get a slow, steady kind of energy. I now make a double batch on Sundays and keep it in the fridge.

No-Spike Kaju Katli

My Diwali test. Just cashews and sweetener, rolled thin and cut into the diamonds you already know. I handed these around at home and nobody guessed there was no sugar in them.

what it did to me: **no spike** 5 INGREDIENTS · NO ADDED SUGAR · FESTIVAL READY



nobody guessed

TruNativ monk fruit is the one →

What you need

2 cups	raw cashews, about 250g
½ cup	monk fruit and erythritol blend, about 100g
½ tsp	green cardamom powder
1 tsp	rose water
½ tsp	ghee or coconut oil, for your hands

How I make it

1. Pulse the cashews in a dry blender into a **very fine** powder.
2. In a non-stick pan, dissolve the sweetener in 2 tbsp water on low heat.
3. Turn the heat right down and stir in the cashew powder and cardamom. Cook for 5 to 7 minutes until it forms a soft dough that leaves the sides of the pan. Stir in the rose water.
4. Cool for 5 minutes, grease your hands and knead for 2 minutes until smooth. Too dry, add a few drops of milk. Too sticky, add a little more cashew.
5. Roll between greased parchment to a quarter inch. Cool for 30 minutes, then cut your diamonds.

one tip Every sweetener brand is different, and some are far sweeter than sugar. Start with less than the recipe says, taste the dough, then add more. You can always add, you cannot take back.

Chocolate Chia Pudding

This is honestly my breakfast most days. Cereal used to spike me 31 and overnight oats 29. This one sat at **6** and kept me full all the way to lunch. It feels like having chocolate pudding first thing in the morning.

what it did to me: **6 mg spike** 16G FIBRE · 9G PROTEIN · NO ADDED SUGAR



dessert for breakfast

What you need

3 tbsp	chia seeds, ground for creaminess
2 tbsp	unsweetened cocoa
1 tbsp	monk fruit sweetener
a pinch of salt	
low-carb milk, to fill	

How I make it

1. Tip the chia, cocoa, monk fruit and salt into a jar.
2. Fill it up with your milk and stir really well so nothing clumps.
3. Put it in the fridge for **2 hours** until it sets, and that is it.

credit where it is due

I first saw this swap from @insulinresistant1, so full credit to them for the idea. I just tested it on my own arm and it has been in my fridge ever since.

Chocolate Peanut Butter Pudding

I blended this as a quick evening snack and finished the whole bowl in one sitting. No shame. It is about **30g of protein** in roughly 300 calories, and it did not move my sugar at all.

what it did to me: **zero spike** ABOUT 30G PROTEIN · ABOUT 300 CAL · NO ADDED SUGAR



gone in one sitting

What you need

1 cup	cottage cheese, 2%
1 tbsp	cocoa powder
1 tbsp	peanut butter
1 tbsp	vanilla extract
¼ cup	water
1 tbsp	monk fruit sweetener

to finish

a dusting of cocoa

How I make it

1. Put the cottage cheese, cocoa, peanut butter, vanilla, water and monk fruit in a blender. Blend until it is **completely smooth**.
2. Pour it into a bowl and level the top.
3. Dust a little cocoa over it. Eat it now, or chill it for a thicker texture.

my note Blend it longer than you think you need to. The cottage cheese goes from grainy to a proper airy mousse once you give it a full minute.

Protein Rasmalai

I made this for Raksha Bandhan. Soft chhena discs sitting in saffron rabri, **20g of protein** in every piece, and a spike of just 8mg. Honestly, ask your brother to make it for you this Rakhi.

what it did to me: **8 mg spike** 20G PROTEIN PER PIECE · NO ADDED SUGAR



made this for Rakhi

What you need

1 litre milk, 0% fat

juice of **1 lemon**

monk fruit sweetener

for the rabri

more milk

saffron, cardamom, cinnamon

monk fruit sweetener

to finish

saffron and chopped pistachios

How I make it

1. Boil the milk, add the lemon and let it split into chhena. **Keep the cloudy water.**
2. Blend the chhena, knead it lightly by hand and shape soft little tikkis.
3. Boil that cloudy water with monk fruit in place of sugar. Simmer the tikkis in it for 5 minutes, then slip them into cold water.
4. For the rabri, boil milk with saffron, cardamom, cinnamon and monk fruit until it reduces by half.
5. Drop the tikkis in and chill. Finish with saffron and a shower of pistachios.

do not throw this away

That cloudy water left after the milk splits is whey, the same thing whey protein is made from. Do not pour it down the sink. Use it to poach the tikkis.

Protein Laddoo

My festival laddoo, the one I make for Ganesh Chaturthi and Navratri. Two motichoor laddoos once spiked me 37. These sat completely flat at **zero**, and they are so rich that two or three is plenty.

what it did to me: **zero spike** MAKES 17 · NO ADDED SUGAR · ALL NUTS AND SEEDS



makes about 17

What you need

100g	almonds
40g	flaxseeds
40g	chia seeds
40g	hemp seeds
40g	pumpkin seeds
3 tbsp	desi ghee, warmed
½ cup	monk fruit sweetener
½ tsp	cardamom powder
½ tsp	cinnamon powder

How I make it

1. Lightly roast the almonds, flaxseeds, chia, hemp and pumpkin seeds.
2. Grind them down to a coarse powder.
3. Mix in the warm ghee.
4. Add the monk fruit, cardamom and cinnamon, then roll into laddoos. You should get **around 17**.

learned the hard way These are heavier than they look because it is all nuts, seeds and good fats. Two or three and you are done. That is also exactly why the sugar line stays flat.

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no. seven

No-Oil Tofu Bhurji

I do not even like the taste of eggs, so this quietly replaced anda bhurji in our house. **25g of protein**, not a drop of oil, ready in ten minutes. A plate of regular roti and sabji sends Mummy to 170. This sent her to 23.

what it did to me: **7 mg spike** 25G PROTEIN · NO OIL · 10 MIN



forgot about eggs after this

What you need

500g	tofu, mashed
1 cup	onion, chopped
1 cup	tomato, chopped
a handful of cashews	
1 tbsp	tahini
1 tbsp	garam masala
1 tbsp	coriander powder
salt to taste	
sesame seeds, to finish	

How I make it

1. In a non-stick pan with **no oil**, soften the onion, then add the cashews and tomato and let them cook down.
2. Stir in the tahini. That is my secret here, it brings creaminess and good fats.
3. Add the garam masala, coriander powder and salt, and mix.
4. Fold in the mashed tofu and cook it all together until it looks like bhurji.
5. Scatter sesame seeds on top and serve.

← sambhar powder on a Sunday

try this too For a South Indian version, swap the garam masala for sambhar powder and a pinch of turmeric. That one sat at 6 for me, almost a flat line, and kept me full for three hours.

Homemade Paneer Bhurji

Made with paneer from 0% fat milk, this packs **37g of protein** into about 200 calories, with no oil at all. Dal chawal takes Mummy past 200. This did not move me, and barely touched her.

what it did to me: **zero spike** 37G PROTEIN · NO OIL · ABOUT 200 CAL



from 0% fat milk, start to finish

What you need

paneer from **0% fat** milk, finely chopped	
1 tsp	jeera
2 cloves	garlic, minced
1 cup	onion, chopped
1 cup	tomato, chopped
turmeric, red chilli, garam masala	
salt to taste	
coriander, to finish	

How I make it

1. In a non-stick pan with **no oil**, crackle the jeera, then add the garlic and onion and cook until soft.
2. Add the tomato and your spices and cook down to a thick masala.
3. Make the paneer at home from 0% fat milk, chop it fine and fold it in.
4. Toss everything together for a minute and finish with fresh coriander.

the whole trick Homemade paneer from 0% fat milk is what keeps this high in protein and low in calories. Shop paneer works, but you lose the number that makes this worth it.

Power Dahi Bowl

Our Indian breakfast is often all carbs and almost no protein, and good protein powder is expensive. So I packed **22g of protein** and 8g of fibre into one bowl, no powder and no egg, in three minutes flat.

what it did to me: **zero spike** 22G PROTEIN · 8G FIBRE · 3 MIN



three minutes, one bowl

What you need

100g	Greek yogurt, 0% fat
1 tbsp	peanut butter
1 tbsp	chia powder
1 tbsp	hemp seeds
1 tbsp	ground flaxseeds

How I make it

1. Spoon the Greek yogurt into a bowl.
2. Add the peanut butter, chia powder, hemp seeds and **ground** flaxseeds.
3. Mix it all well. That is it, three minutes and done.

one rule Always grind the flaxseeds. Whole, they pass straight through you. For an overnight version I add 10g pumpkin seeds and 30g blueberries and leave it in the fridge. Make this and send it to your mum.

PRAANIFY

no. ten

Soya Roti

After testing nine flours, wheat, ragi, bajra, jowar and more, every single one spiked us hard. Then I tried soya, and both our lines went almost flat. Soya is really a **protein flour**, the highest protein and lowest carb of the lot. This is the single lowest spike in the whole book.

what it did to me: 5 mg spike

JUST SOYA FLOUR · HIGHEST PROTEIN FLOUR · LOWEST SPIKE



pure soya, nothing mixed in

What you need

- soya flour, on its own
- warm water
- a pinch of salt

How I make it

1. Knead the soya flour with the salt and a little warm water into a soft dough. Use soya flour **on its own**, nothing mixed in.
2. Rest the dough for a few minutes.
3. Roll out your rotis and cook them on a hot tawa like any other roti.
4. Eat them with your usual sabji.

my note Keep it pure soya, do not cut it with wheat, because the wheat is exactly what brings the spike back. Me at 5, Mummy at 19, against 79 and 170 for the same meal on a wheat roti. India grows plenty of soya, yet it almost never reaches our own plates.

Seed Special Roti

My Special Roti, the one I keep pointing people to. No grain at all, just seeds and nuts ground into flour. It gave us almost nothing on the monitor and it is full of protein and good fat.

what it did to me: **6 mg spike** NO GRAIN · ALL SEEDS AND NUTS · HIGH PROTEIN



no grain in sight

What you need

equal parts of each, 1:1:1:1

- ground flaxseed
- ground almond
- coconut flour
- ground chia

and

- warm water
- a pinch of salt

How I make it

1. Mix the flax, almond, coconut and chia powders in **equal parts** with the salt.
2. Add warm water a little at a time and bring it into a dough. It handles differently from wheat, so go slow.
3. Press or roll it out between two sheets of parchment.
4. Cook on a hot tawa like a normal roti.

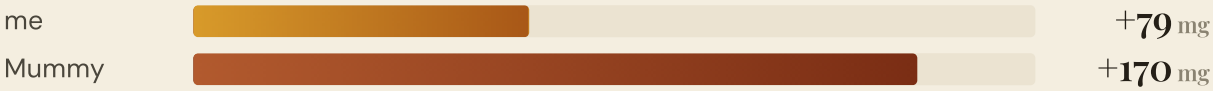
my note It is sturdier than a wheat roti, so roll it between parchment if it cracks. Me at 6, Mummy at 29. It is all seeds and nuts, which is exactly why it stays flat.

for the days you want it anyway

Can't give up your roti and rice?

Mummy reversed her diabetes by stepping away from everyday roti and rice. Some days you just want them, and that is alright. Here is everything we tested to soften that blow, each drop measured against the same plain plate on our own arms.

our baseline, a plain wheat roti with sabji



our champion

70%
mine · 61% Mummy

Eat in VFPEM order

Vinegar first, then Fibre, then Protein, then your roti, then Move.

no. 2

79%
mine · 57% Mummy

Day-old rice, as curd rice

Cold rice makes resistant starch, and the dahi puts a brake on the spike.

no. 3

70%
mine, on rice

15 minutes of red light

670nm on your back before the meal. It sounds strange, it worked, and it is now a daily habit.

no. 4

65%
mine

A little methi in the dough

Grind microwaved fenugreek into the atta. No real taste, a big effect on the number.

no. 5

63%
mine

One tbsp vinegar first

Apple cider vinegar in plenty of water, sipped before you eat. Cheap and quietly powerful.

no. 6

41%
lower by day than by night

Eat heavy meals in daylight

The same meal spiked me 44 in the morning and 75 at 10pm. Your pancreas winds down at night.

no. 7

34%
mine

Knead the dough with dahi

Yogurt in the dough instead of water. The protein softens the rise.

no. 8

30%
mine

20g almonds, 30 min before

The fat and fibre slow everything that comes after. Soak them overnight if you like.

no. 9

½
recovery time

Isabgol, 20 min before

Psyllium in water first. It halved the time Mummy's sugar took to come back down. Drink plenty of water.

Every drop is measured against the same plain wheat roti with cabbage sabji, which spiked me 79mg and Mummy 170mg.

that is the whole kitchen

Eat the food.
Skip the spike.

If you make any of these, tag me. I want to see your line stay flat, and I love watching this food turn up on other people's tables, at other people's festivals.

Mummy did it. Your family can too.

say hi — @praanify on instagram & youtube

Pranav

Glucose measured with a Freestyle Libre 3. I am not diabetic, my mum has reversed hers, and individual results vary. This book is about enjoying food, it is not medical advice. If you are diabetic or on medication, please talk to your doctor before changing your diet.