



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Savoury Cupcakes	Quinoa Bhurji	Blueberry Quinoa Pancake	Veg Boat	Mango Delight

Tiffin Expert: Vicky Ratnani

Savoury Cupcakes

Cupcakes are a tiffin delight no child can refuse and our Savoury Cupcakes tiffin recipe made with Kissan Fresh Tomato Ketchup are a wholesome meal full of nutrition and flavour. A mixture of vegetables like broccoli, bell peppers and vitamin C-rich zucchini come together with the zingy flavour of Kissan Fresh Tomato Ketchup. This filing is poured into a mould and baked to perfection giving you a serving of delectable Savoury Cupcakes.

Ingredients:

- Whole wheat flour: ¼ cup
- Salt and black pepper to taste
- Broccoli: 2 tablespoons
- Red and green bell peppers: ¼ cup
- Yellow squash: 1 tablespoon
- Zucchini: 2 tablespoons
- Baking powder: 1 teaspoon
- Baking soda: 1 teaspoon
- Dried red chili flakes to taste
- Parsley (chopped): 1 tablespoon
- Water: ¼ cup
- Kissan Fresh Tomato Ketchup: 2 tablespoons

Method of Preparation:

- Preheat your oven to 180°C.
- In a bowl add the whole wheat flour, black pepper, salt, broccoli, bell peppers, yellow squash, zucchini, baking powder, baking soda, chili flakes and chopped parsley.
- Add water to the mix along with Kissan Fresh Tomato Ketchup.

- Mix the batter well.
- Line a cupcake baking tray with baking paper.
- Pour the batter into the cupcake moulds.
- Place the baking tray in the oven and bake at 180°C for 15-20 minutes till golden brown.
- Savoury cupcakes are ready to serve.

Tiffin Siders:

Unsalted almonds and watermelon (or any fruit of your choice).