



Ayurherbs

FREE COLLECTION

50 Everyday Recipes

Real food for busy Malaysian days. Smoothies, breakfast bowls, cold drinks, snacks and quick plates, most of them done in under twenty minutes.

How to use this book

Every recipe here makes one serving, uses ingredients you can buy at any Malaysian grocer, and lists its hands on time. A few need chilling or freezing, and those say so.

ONE SERVING, EVERY TIME

Quantities are for one person. Double them freely. Nothing here is delicate enough to break when you scale it.

SWAP ANYTHING

Soy milk for oat milk, pear for apple, whatever is in the fridge. These are patterns more than rules.

THE GREEN LINE

Under each title is a note on what the ingredients contribute. It describes the food, not a promise about your health.

NO ADDED SUGAR

Not one recipe asks for sugar, syrup or sweetener. The sweetness comes from fruit, and it is enough.

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PART 1 OF 5

Smoothies

Five minutes, one blender, no straining. Blending keeps the fibre that juicing throws away, which is the whole reason these fill you up and a juice does not.

RECIPES 1 TO 10



NO 1 • SMOOTHIES • 5 MIN

Berry Banana Oat Smoothie

Oats bring beta-glucan fibre, and the berries carry the anthocyanins that give them their colour.

INGREDIENTS, ONE SERVING

- 1/2 banana
- 1/2 cup mixed berries
- 2 tbsp rolled oats
- 180 ml unsweetened soy milk

HOW TO MAKE IT

Blend all ingredients until smooth. Add cold water for a thinner texture.



NO 2 • SMOOTHIES • 5 MIN

Mango Lime Cooler Smoothie

Coconut water contributes potassium, and the lime keeps the mango from tasting flat.

INGREDIENTS, ONE SERVING

- 3/4 cup frozen mango
- juice of 1/2 lime
- 150 ml coconut water
- 3 mint leaves

HOW TO MAKE IT

Blend until frosty. Serve immediately.



NO 3 • SMOOTHIES • 5 MIN

Pineapple Ginger Blend

Pineapple carries bromelain and vitamin C, with ginger for warmth rather than sweetness.

INGREDIENTS, ONE SERVING

- 3/4 cup pineapple
- 1/2 banana
- 1 thin slice fresh ginger
- 150 ml water

HOW TO MAKE IT

Blend thoroughly; adjust ginger to taste.



NO 4 • SMOOTHIES • 5 MIN

Strawberry Soy Shake

Soy milk supplies complete protein, and chia seeds add soluble fibre with a little omega-3 ALA.

INGREDIENTS, ONE SERVING

- 3/4 cup strawberries
- 180 ml unsweetened soy milk
- 1 tbsp rolled oats
- 1 tsp chia seeds

HOW TO MAKE IT

Blend berries, milk and oats. Stir in chia and rest 2 minutes.



NO 5 • SMOOTHIES • 5 MIN

Papaya Orange Blend

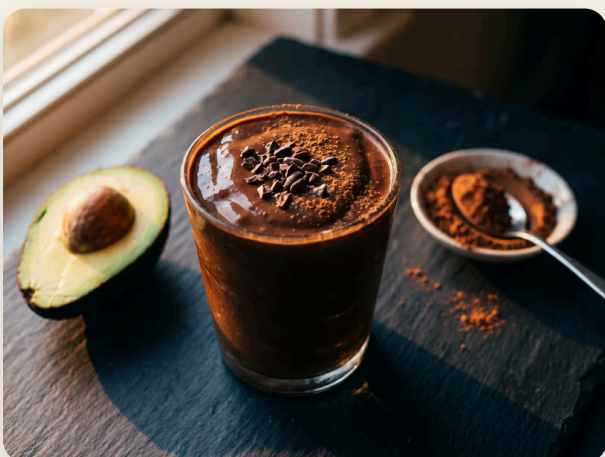
Papaya and orange together are a large dose of vitamin C and carotenoids, with nothing added.

INGREDIENTS, ONE SERVING

- 3/4 cup papaya
- 1 small peeled orange
- 100 ml chilled water
- squeeze of lime

HOW TO MAKE IT

Remove seeds and blend until silky.



NO 6 • SMOOTHIES • 5 MIN

Avocado Cacao Shake

Avocado's monounsaturated fat makes this filling, and cocoa brings flavanols without sugar.

INGREDIENTS, ONE SERVING

- 1/4 ripe avocado
- 1 small banana
- 1 tsp unsweetened cocoa
- 180 ml oat milk

HOW TO MAKE IT

Blend until creamy. Serve chilled.



NO 7 • SMOOTHIES • 5 MIN

Watermelon Mint Slush

Watermelon is about ninety two percent water, so this hydrates while it cools you down.

INGREDIENTS, ONE SERVING

- 1 cup seedless watermelon
- 4 mint leaves
- juice of 1/4 lime
- 3 ice cubes

HOW TO MAKE IT

Blend briefly to keep a slushy texture.



NO 8 • SMOOTHIES • 5 MIN

Dragon Fruit Berry Blend

Red dragon fruit carries betacyanins, the pigment behind its colour, plus seeds for fibre.

INGREDIENTS, ONE SERVING

- 1/2 cup red dragon fruit
- 1/2 cup berries
- 150 ml soy milk
- 1 tbsp rolled oats

HOW TO MAKE IT

Blend until evenly coloured.



NO 9 • SMOOTHIES • 5 MIN

Pear Cinnamon Oat Blend

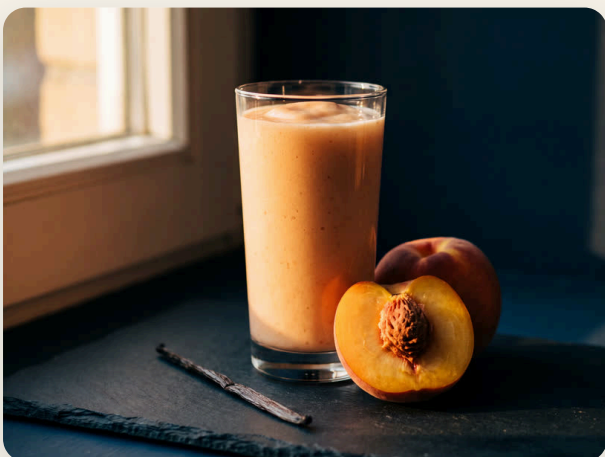
A whole pear keeps its fibre when blended, and cinnamon adds sweetness you do not pay for in sugar.

INGREDIENTS, ONE SERVING

- 1 ripe pear
- 2 tbsp oats
- pinch cinnamon
- 180 ml unsweetened almond milk

HOW TO MAKE IT

Core pear, then blend all ingredients. Add ice if desired.



NO 10 • SMOOTHIES • 5 MIN

Peach Vanilla Smoothie

Peach brings carotenoids and a natural sweetness, so no sweetener is needed.

INGREDIENTS, ONE SERVING

- 1 peach, pitted
- 1/2 banana
- 160 ml unsweetened soy milk
- 2 drops vanilla extract

HOW TO MAKE IT

Blend until smooth and creamy.



PART 2 OF 5

Breakfast bowls

Oats, chia and fruit, assembled the night before or warmed in a pot. The ones that soak overnight are the reason you still eat breakfast on a bad morning.

RECIPES 11 TO 20



NO 11 • BREAKFAST BOWLS • 5 MIN

Blueberry Overnight Oats

Soaking oats overnight softens them without cooking, and keeps all the fibre intact.

INGREDIENTS, ONE SERVING

- 1/2 cup rolled oats
- 150 ml soy milk
- 1/3 cup blueberries
- 1 tsp chia seeds

HOW TO MAKE IT

Mix oats, milk and chia; refrigerate overnight. Top with berries before serving.



NO 12 • BREAKFAST BOWLS • 10 MIN

Apple Cinnamon Porridge

Walnuts add ALA omega-3 and crunch, and the apple goes in skin on for extra fibre.

INGREDIENTS, ONE SERVING

- 1/2 cup rolled oats
- 200 ml water
- 1/2 apple, diced
- 1/4 tsp cinnamon
- 1 tbsp chopped walnuts

HOW TO MAKE IT

Simmer oats and apple in water for 6–8 minutes. Finish with cinnamon and walnuts.



NO 13 • BREAKFAST BOWLS • 10 MIN

Mango Coconut Chia Pot

Chia seeds absorb the liquid to set the pot, and bring soluble fibre with them.

INGREDIENTS, ONE SERVING

- 2 tbsp chia seeds
- 150 ml coconut milk beverage
- 1/2 cup mango cubes
- 1 tbsp coconut flakes

HOW TO MAKE IT

Stir chia into milk; chill at least 2 hours. Top with mango and coconut.



NO 14 • BREAKFAST BOWLS • 10 MIN

Strawberry Peanut Butter Oats

Peanut butter adds protein and fat, which slows how quickly the bowl empties.

INGREDIENTS, ONE SERVING

- 1/2 cup rolled oats
- 200 ml water
- 1/2 cup chopped strawberries
- 1 tsp unsweetened peanut butter

HOW TO MAKE IT

Cook oats, then swirl in peanut butter and add berries.



NO 15 • BREAKFAST BOWLS • 8 MIN

Banana Sesame Breakfast Bowl

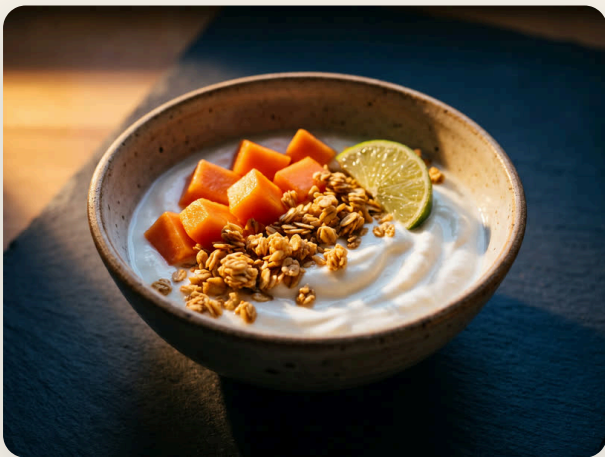
Toasted sesame contributes calcium and a nutty note that works with banana.

INGREDIENTS, ONE SERVING

- 1/2 cup oats
- 180 ml soy milk
- 1/2 banana
- 1 tsp toasted sesame seeds
- pinch cinnamon

HOW TO MAKE IT

Cook oats in milk and top with banana, sesame and cinnamon.



NO 16 • BREAKFAST BOWLS • 5 MIN

Papaya Lime Yogurt Bowl

Unsweetened plant yogurt keeps the sugar low, and the granola is for texture, so keep it small.

INGREDIENTS, ONE SERVING

- 3/4 cup unsweetened plant yogurt
- 1/2 cup papaya
- 2 tbsp granola
- squeeze of lime

HOW TO MAKE IT

Spoon yogurt into a bowl; add papaya, granola and lime.



NO 17 • BREAKFAST BOWLS • 5 MIN

Kiwi Berry Muesli Bowl

A kiwi carries about as much vitamin C as an orange, and the berries add more on top.

INGREDIENTS, ONE SERVING

- 1/2 cup plain muesli
- 150 ml soy milk
- 1 kiwi, sliced
- 1/3 cup berries

HOW TO MAKE IT

Combine muesli and milk, then top with fruit.



NO 18 • BREAKFAST BOWLS • 10 MIN

Warm Pear Walnut Oats

A warm bowl for cold mornings, with walnuts for fat and oats for slow fibre.

INGREDIENTS, ONE SERVING

- 1/2 cup oats
- 200 ml water
- 1/2 sliced pear
- 1 tbsp walnuts
- pinch cinnamon

HOW TO MAKE IT

Simmer oats and pear until soft. Sprinkle walnuts and cinnamon on top.



NO 19 • BREAKFAST BOWLS • 10 MIN

Pineapple Coconut Rice Bowl

Brown rice keeps its bran, so this holds more fibre and magnesium than a white rice bowl.

INGREDIENTS, ONE SERVING

- 3/4 cup cooked brown rice
- 1/3 cup pineapple
- 3 tbsp unsweetened coconut milk
- 1 tsp pumpkin seeds

HOW TO MAKE IT

Warm rice with coconut milk; top with pineapple and pumpkin seeds.



NO 20 • BREAKFAST BOWLS • 5 MIN

Cocoa Banana Chia Cup

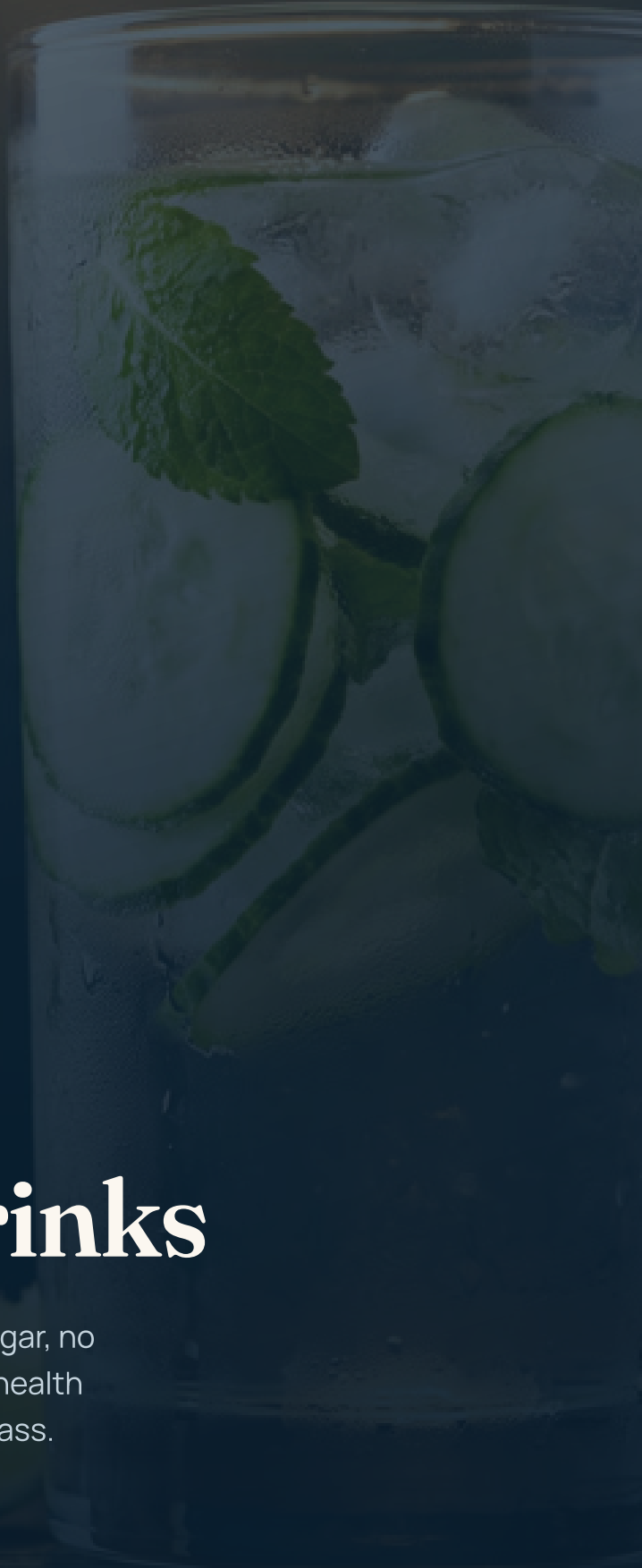
Chia sets overnight into a pudding, and cocoa brings flavour without the sugar of a chocolate pot.

INGREDIENTS, ONE SERVING

- 2 tbsp chia seeds
- 160 ml soy milk
- 1 tsp cocoa
- 1/2 sliced banana

HOW TO MAKE IT

Mix chia, soy milk and cocoa; refrigerate at least 2 hours, then add banana.



PART 3 OF 5

Refreshing drinks

Everything here is water, fruit and time. No sugar, no sweetener, no syrup. In this heat the easiest health decision you make all day is the one in your glass.

RECIPES 21 TO 30



NO 21 • REFRESHING DRINKS • 5 MIN

Cucumber Lemon Water

Plain water that tastes like something. No sugar, no sweetener, nothing added.

INGREDIENTS, ONE SERVING

- 6 cucumber slices
- 2 lemon slices
- 350 ml cold water
- 2 mint leaves

HOW TO MAKE IT

Combine in a glass and let infuse for 10 minutes.



NO 22 • REFRESHING DRINKS • 5 MIN

Lime Mint Sparkler

The fizz and the lime do the work a soft drink usually needs sugar for.

INGREDIENTS, ONE SERVING

- Juice of 1/2 lime
- 200 ml chilled sparkling water
- 4 mint leaves
- ice

HOW TO MAKE IT

Lightly clap mint leaves, then combine with lime, ice and sparkling water.



NO 23 • REFRESHING DRINKS • 10 MIN

Ginger Citrus Infusion

Warm, sharp and caffeine free, which makes it an easy evening drink.

INGREDIENTS, ONE SERVING

- 2 thin ginger slices
- 1 orange slice
- 250 ml hot water

HOW TO MAKE IT

Steep ginger in hot water 5 minutes. Add orange and cool before sipping.



NO 24 • REFRESHING DRINKS • 10 MIN

Iced Hibiscus Orange Tea

Hibiscus brews deep red and tastes tart, so it carries ice well without sugar.

INGREDIENTS, ONE SERVING

- 1 tsp food-grade dried hibiscus
- 200 ml hot water
- 2 orange slices
- ice

HOW TO MAKE IT

Steep hibiscus 5 minutes and strain. Cool, add orange and ice. Avoid if advised to restrict herbal teas.



NO 25 • REFRESHING DRINKS • 5 MIN

Pineapple Mint Water

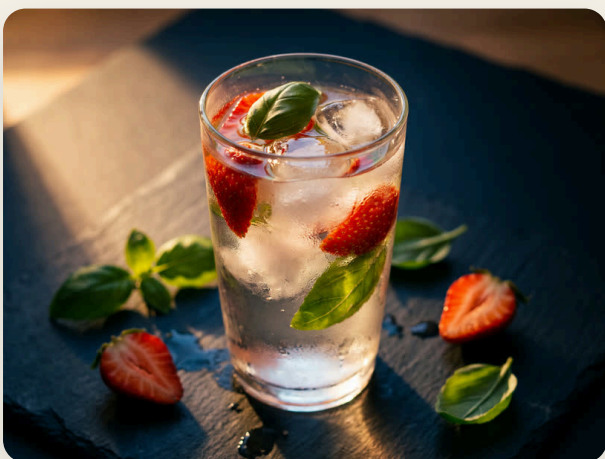
A few pieces of fruit flavour a whole jug, which is far less sugar than juice.

INGREDIENTS, ONE SERVING

- 1/3 cup pineapple pieces
- 4 mint leaves
- 350 ml cold water

HOW TO MAKE IT

Gently muddle pineapple, add mint and water, and chill.



NO 26 • REFRESHING DRINKS • 5 MIN

Strawberry Basil Water

Basil is an unusual partner for strawberry and makes plain water worth drinking.

INGREDIENTS, ONE SERVING

- 3 halved strawberries
- 2 basil leaves
- 350 ml cold water
- ice

HOW TO MAKE IT

Combine ingredients and refrigerate for 15 minutes.



NO 27 • REFRESHING DRINKS • 10 MIN

Apple Cinnamon Warm Drink

Tastes like dessert, costs you half an apple and a cinnamon stick.

INGREDIENTS, ONE SERVING

- 1/2 apple, thinly sliced
- 1 small cinnamon stick
- 300 ml water

HOW TO MAKE IT

Simmer apples and cinnamon 8 minutes; strain or leave fruit in.



NO 28 • REFRESHING DRINKS • 5 MIN

Coconut Lime Splash

Coconut water brings potassium, and this is a lighter option than a sports drink.

INGREDIENTS, ONE SERVING

- 180 ml unsweetened coconut water
- juice of 1/4 lime
- 4 cucumber slices
- ice

HOW TO MAKE IT

Stir in a tall glass and serve cold.



NO 29 • REFRESHING DRINKS • 10 MIN

Peach Iced Rooibos

Rooibos is naturally caffeine free, so this works late in the day.

INGREDIENTS, ONE SERVING

- 1 rooibos tea bag
- 200 ml water
- 1/2 peach, sliced
- ice

HOW TO MAKE IT

Steep tea 5 minutes, cool completely and pour over peach and ice.



NO 30 • REFRESHING DRINKS • 5 MIN

Watermelon Lemon Cooler

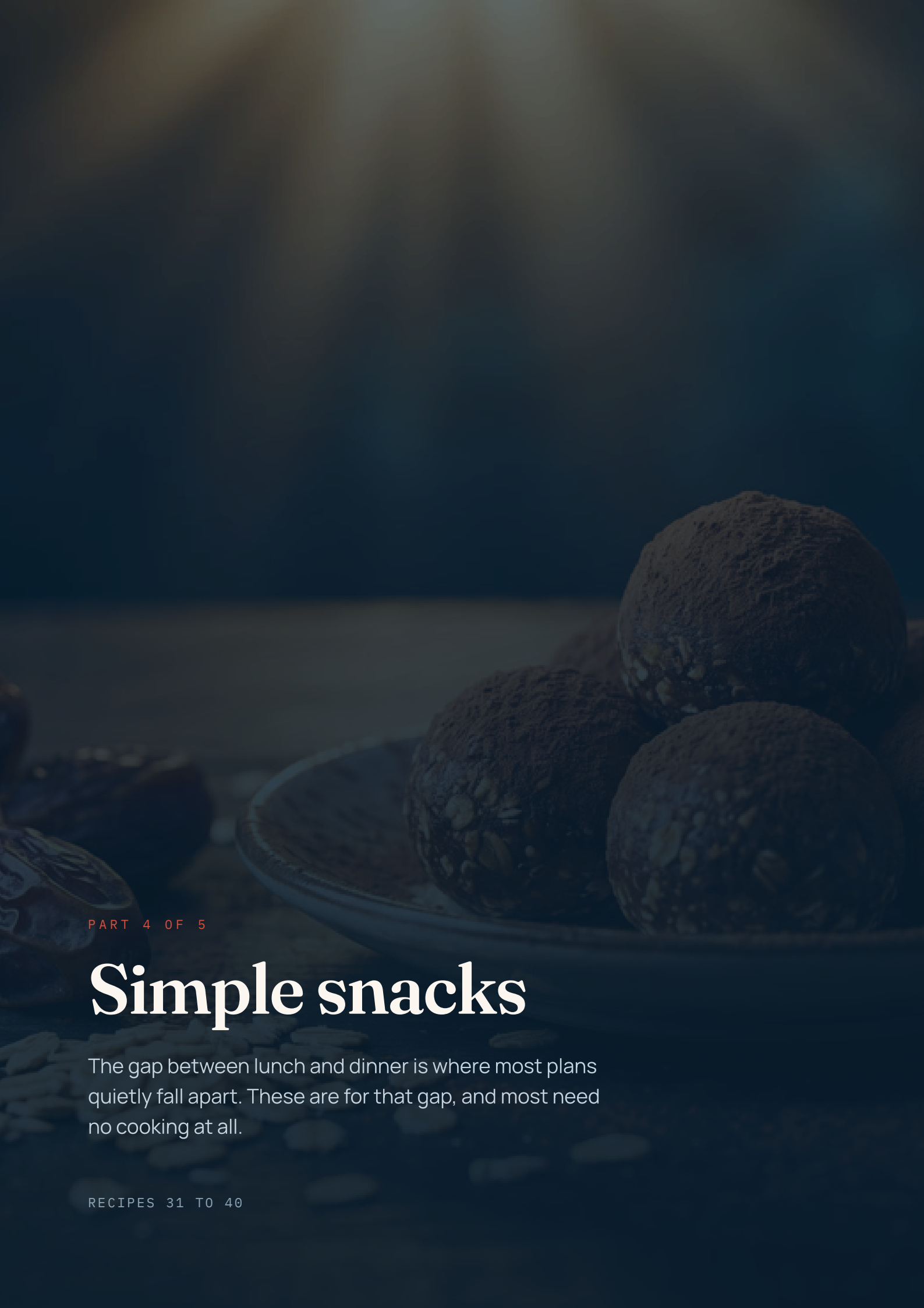
Blended watermelon keeps the fruit fibre that straining it out would lose.

INGREDIENTS, ONE SERVING

- 3/4 cup seedless watermelon
- 100 ml cold water
- juice of 1/4 lemon
- ice

HOW TO MAKE IT

Mash watermelon, stir in water and lemon, and strain if preferred.



PART 4 OF 5

Simple snacks

The gap between lunch and dinner is where most plans quietly fall apart. These are for that gap, and most need no cooking at all.

RECIPES 31 TO 40



NO 31 • SIMPLE SNACKS • 15 MIN

Date Oat Energy Bites

Dates supply both the sweetness and the binding, so nothing else needs adding.

INGREDIENTS, ONE SERVING

- 3 soft dates, pitted
- 1/4 cup oats
- 1 tbsp peanut butter
- 1 tsp cocoa

HOW TO MAKE IT

Mash and mix; roll into 3 small bites. Chill 10 minutes.



NO 32 • SIMPLE SNACKS • 5 MIN

Apple Peanut Butter Slices

Fibre from the apple with protein and fat from the peanut butter. The pairing is why it satisfies.

INGREDIENTS, ONE SERVING

- 1 small apple
- 1 tbsp unsweetened peanut butter
- 1 tsp pumpkin seeds

HOW TO MAKE IT

Slice apple, spread lightly with peanut butter and add seeds.



NO 33 • SIMPLE SNACKS • 10 MIN

Berry Yogurt Bark

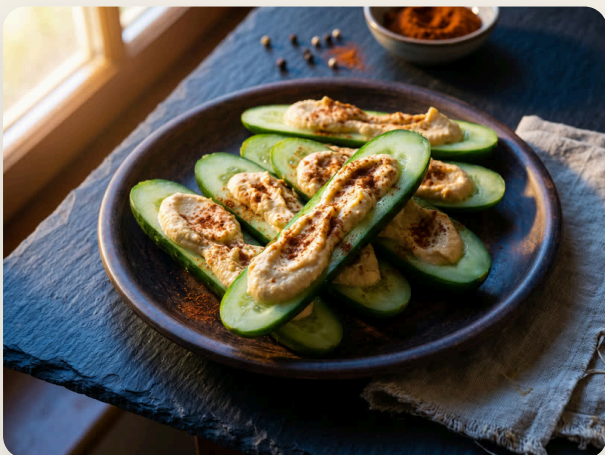
Freezing turns yogurt into something you eat slowly, which is part of the point.

INGREDIENTS, ONE SERVING

- 1/2 cup unsweetened plant yogurt
- 1/3 cup mixed berries
- 1 tsp coconut flakes

HOW TO MAKE IT

Spread on a lined tray, scatter toppings, freeze 2 hours and break into pieces.



NO 34 • SIMPLE SNACKS • 5 MIN

Cucumber Hummus Boats

Chickpeas bring protein and fibre, and cucumber keeps it light enough for a hot afternoon.

INGREDIENTS, ONE SERVING

- 1/2 cucumber
- 3 tbsp hummus
- pinch paprika

HOW TO MAKE IT

Halve cucumber lengthwise, scoop a shallow channel and fill with hummus.



NO 35 • SIMPLE SNACKS • 25 MIN

Roasted Cinnamon Chickpeas

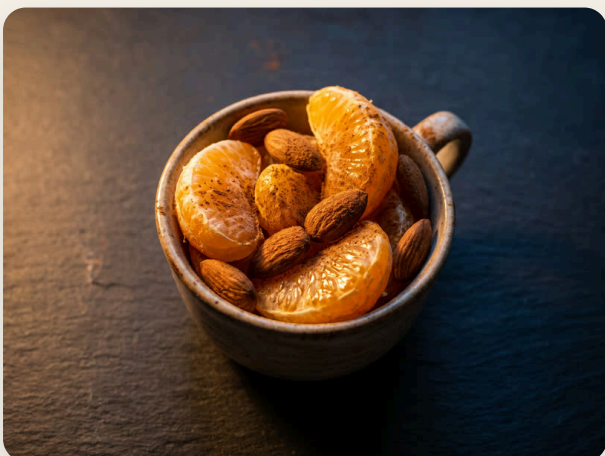
A crunchy snack with protein and fibre, which crisps rarely offer.

INGREDIENTS, ONE SERVING

- 3/4 cup drained chickpeas
- 1 tsp olive oil
- 1/4 tsp cinnamon
- pinch salt

HOW TO MAKE IT

Dry chickpeas well. Toss in oil and spice; bake at 200°C for 20 minutes, turning once.



NO 36 • SIMPLE SNACKS • 5 MIN

Orange Almond Snack Cup

Almonds add vitamin E and magnesium, and the orange stops it feeling dry.

INGREDIENTS, ONE SERVING

- 1 orange, peeled
- 12 unsalted almonds
- pinch cinnamon

HOW TO MAKE IT

Arrange orange segments and almonds. Sprinkle cinnamon if desired.



NO 37 • SIMPLE SNACKS • 12 MIN

Banana Oat Pancakes

Banana replaces both egg and sugar here, and oat flour keeps the fibre.

INGREDIENTS, ONE SERVING

- 1 ripe banana
- 1/3 cup oat flour
- 3 tbsp soy milk
- 1/4 tsp baking powder

HOW TO MAKE IT

Mash and whisk into batter. Pan-cook small pancakes 2 minutes per side.



NO 38 • SIMPLE SNACKS • 5 MIN

Carrot Tahini Dippers

Tahini is sesame, so it brings calcium along with its fat.

INGREDIENTS, ONE SERVING

- 1 carrot, cut into sticks
- 1 tbsp tahini
- 1 tsp lemon juice
- 1 tsp water

HOW TO MAKE IT

Whisk tahini, lemon and water into a dip; serve with carrots.



NO 39 • SIMPLE SNACKS • 5 MIN

Frozen Grape & Berry Cup

Freezing fruit makes it last longer in the mouth, which helps it feel like a treat.

INGREDIENTS, ONE SERVING

- 1/2 cup seedless grapes
- 1/3 cup strawberries
- squeeze of lime

HOW TO MAKE IT

Wash and dry fruit; freeze 2 hours. Thaw briefly before eating. Halve grapes for children.



NO 40 • SIMPLE SNACKS • 5 MIN

Cocoa Walnut Stuffed Dates

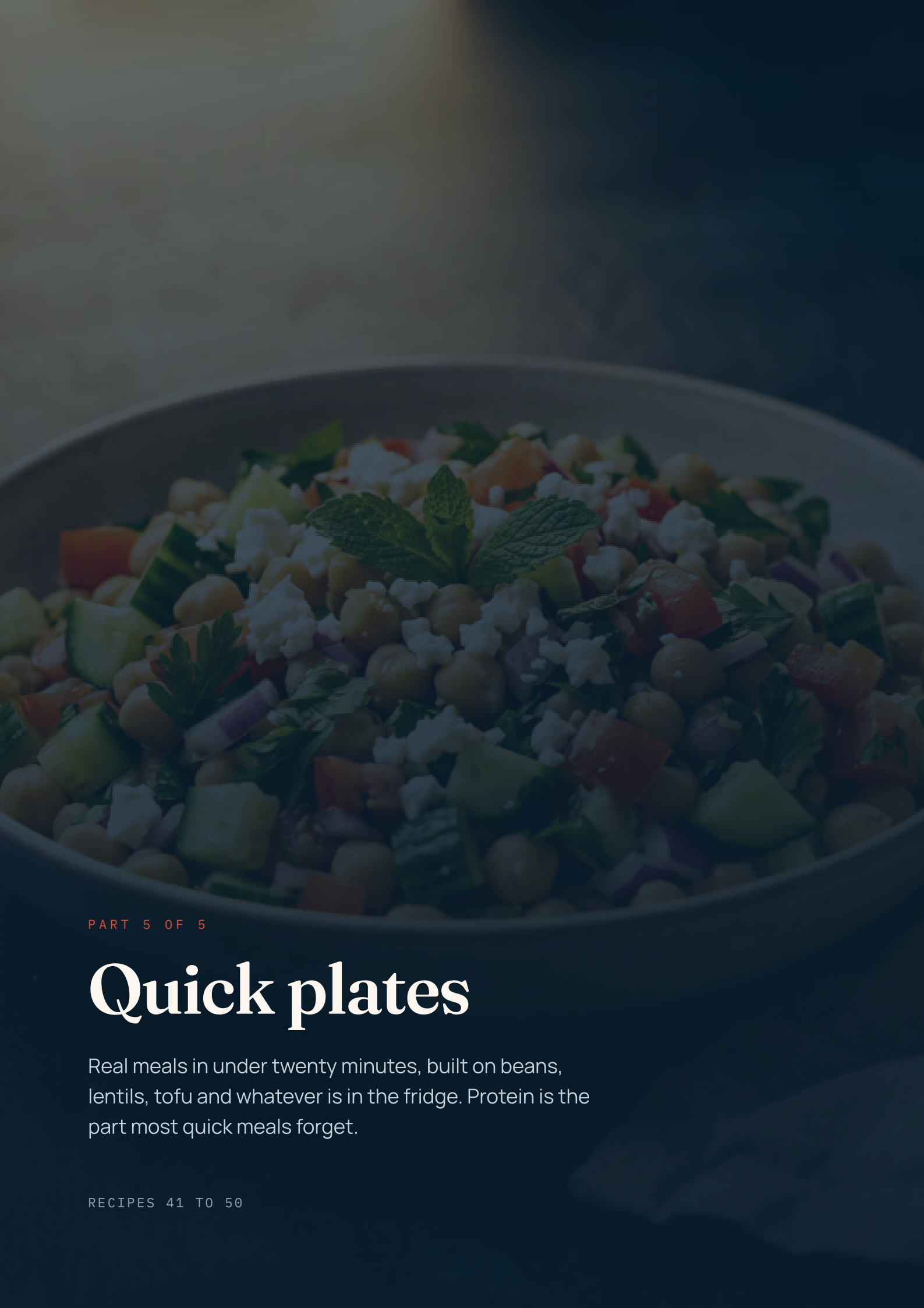
Three of these is a small, genuinely sweet snack with fibre and walnut fat.

INGREDIENTS, ONE SERVING

- 3 pitted dates
- 3 walnut halves
- 1/2 tsp cocoa

HOW TO MAKE IT

Stuff dates with walnuts and dust lightly with cocoa.



PART 5 OF 5

Quick plates

Real meals in under twenty minutes, built on beans, lentils, tofu and whatever is in the fridge. Protein is the part most quick meals forget.

RECIPES 41 TO 50



NO 41 • QUICK PLATES • 10 MIN

Rainbow Chickpea Salad

Chickpeas make a salad filling rather than a side, with fibre and plant protein.

INGREDIENTS, ONE SERVING

- 3/4 cup chickpeas
- 1/2 cucumber
- 1/2 tomato
- 1 tsp olive oil
- 1 tsp lemon juice

HOW TO MAKE IT

Dice vegetables, toss with chickpeas, oil and lemon.



NO 42 • QUICK PLATES • 8 MIN

Avocado Tomato Toast

Wholegrain bread keeps the bran, and the avocado fat helps you absorb the tomato lycopene.

INGREDIENTS, ONE SERVING

- 1 slice wholegrain bread
- 1/4 avocado
- 1/2 tomato
- squeeze of lime

HOW TO MAKE IT

Toast bread; mash avocado with lime and top with tomato.



NO 43 • QUICK PLATES • 10 MIN

Mango Cucumber Salsa Wrap

Hummus holds it together and adds the protein a fruit wrap would otherwise lack.

INGREDIENTS, ONE SERVING

- 1 small wholegrain wrap
- 1/2 cup diced mango
- 1/3 cup cucumber
- 2 tbsp hummus

HOW TO MAKE IT

Spread hummus on wrap, add mango and cucumber, and roll tightly.



NO 44 • QUICK PLATES • 15 MIN

Warm Turmeric Lentil Bowl

Lentils bring protein, iron and fibre, and lemon alongside helps with iron absorption.

INGREDIENTS, ONE SERVING

- 3/4 cup cooked lentils
- 1/2 cup spinach
- 1/4 tsp culinary turmeric
- 1 tsp olive oil
- squeeze of lemon

HOW TO MAKE IT

Warm lentils with oil and turmeric; fold in spinach until wilted. Finish with lemon.



NO 45 • QUICK PLATES • 12 MIN

Peanut Tofu Rice Salad

Tofu is a complete protein, and the peanut dressing needs no sugar to taste good.

INGREDIENTS, ONE SERVING

- 100 g firm tofu
- 1/2 cup cooked rice
- 1/2 cup shredded carrot
- 1 tsp peanut butter
- 1 tsp lime juice

HOW TO MAKE IT

Pan-sear tofu; whisk peanut butter and lime with water for dressing. Toss together.



NO 46 • QUICK PLATES • 10 MIN

Pineapple Edamame Bowl

Edamame is one of the few snacks that is both a vegetable and a complete protein.

INGREDIENTS, ONE SERVING

- 1/2 cup cooked edamame
- 1/3 cup pineapple
- 1/2 cup cooked brown rice
- 1 tsp lime juice

HOW TO MAKE IT

Combine warm rice and edamame with pineapple and lime.



NO 47 • QUICK PLATES • 10 MIN

Herbed Tomato Bean Toast

White beans add fibre and protein to toast, which on its own does neither well.

INGREDIENTS, ONE SERVING

- 1 slice wholegrain bread
- 1/2 cup cooked white beans
- 1/2 tomato
- 1 tsp olive oil
- pinch dried oregano

HOW TO MAKE IT

Warm beans and chopped tomato with oil and oregano; spoon onto toast.



NO 48 • QUICK PLATES • 15 MIN

Carrot Ginger Noodle Bowl

Grated carrot and spinach go in raw, so none of their vitamin C is cooked away.

INGREDIENTS, ONE SERVING

- 1 portion rice noodles
- 1/2 grated carrot
- 1/2 cup spinach
- 1 tsp soy sauce
- 1/2 tsp grated ginger

HOW TO MAKE IT

Cook noodles; quickly stir-fry carrot and ginger, add spinach and toss with noodles and soy sauce.



NO 49 • QUICK PLATES • 20 MIN

Sweet Potato Black Bean Bowl

Sweet potato carries beta carotene, and the beans add the protein it lacks.

INGREDIENTS, ONE SERVING

- 1/2 small sweet potato, cubed
- 1/2 cup black beans
- 1/4 avocado
- squeeze of lime

HOW TO MAKE IT

Roast sweet potato cubes at 200°C about 18 minutes; add beans, avocado and lime.



NO 50 • QUICK PLATES • 12 MIN

Crunchy Tofu Lettuce Cups

Light, high in protein and low in starch, which makes it a good late dinner.

INGREDIENTS, ONE SERVING

- 100 g firm tofu
- 3 lettuce leaves
- 1/3 cup grated cucumber
- 1 tsp soy sauce
- 1 tsp lime juice

HOW TO MAKE IT

Pan-sear tofu, chop finely and toss with soy sauce, lime and cucumber. Spoon into lettuce.

THE PRODUCT BEHIND THE BOOK

Ayurherbs Botanical Jelly

This collection is free and stays free. If you want to know what the brand that made it actually sells, here it is in one paragraph.

Fifteen sachets to a box

A mixed berry and pomegranate jelly with selected botanical ingredients, including ashwagandha, bacopa, gotu kola, turmeric and saffron. One sachet a day, no water needed, 0.68 g of sugar per sachet. Read the full ingredient list and the suitability notes before deciding whether it fits your routine.

RM79 for one box · RM150 for two

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The ingredient guide explains what the botanical names on a label actually mean. The label decoder lists what the research says for each ingredient, and what it does not. The sugar checker turns any number on a nutrition panel into teaspoons.

Educational content only. Not medical advice, not a diagnosis, and not a promise of results. The notes under each recipe describe what the ingredients contain, not an effect on any individual. If you are pregnant, breastfeeding, taking regular medication or managing a health condition, speak to your doctor or pharmacist before changing your diet or adding a supplement.

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