



A Compilation of Nutritious Recipes for Malnourished Children



National Institute of Public Cooperation and Child Development
5 Siri Institutional Area, Opposite Hauz Khas Police Station, New Delhi –110016

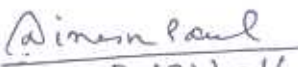
FOREWORD

Nutrition plays an essential role in child development. Undernourished children are more likely to die, have poor cognitive skills and tend to have health problems in later years of life. Nearly one-third children die worldwide due to malnutrition. Children are the backbone of a country and therefore it becomes imperative that attention should be given to improve their nutritional status. To improve the health and nutritional status of children, the Government of India has launched a flagship programme called the Integrated Child Development Services (ICDS) Scheme, through which an array of services like supplementary nutrition, immunization, health check-up, pre-school education, referral services, and health and nutrition education are provided.

Breastfeeding and complementary feeding are two essential components of alleviating the problem of malnutrition. But often due to lack of knowledge, mothers are not able to provide nutritious food to their children. In Anganwadis, regular nutrition and health education (NHED) sessions are organized where the worker educates the mother about healthy eating practices. Therefore, this compendium seeks to provide a holistic approach that links the Anganwadi workers directly through these NHED sessions and shall also be of benefit to mothers of malnourished children. This compilation of recipes can be used by the workers to guide mothers in preparing easy nutritious recipes for children.

The objective of this compilation is to improve the knowledge of ICDS functionaries, mothers and caregivers so that they can prepare nutritious food and feed it to their families. In this Compendium, nutritious recipes are compiled from various sources like Home Science Colleges, ICAR, and State Departments of Women and Child Development publications. It also contains local recipes from the northern, western, southern and eastern parts of India which make it highly useful for people from all regions of the country.

I express my gratitude to Ms Vandana Thapar, Joint Director (Child Development); and Ms Vandana Sharma, Assistant Director (CD), for their painstaking efforts and support in bringing out this compilation with the able assistance of Ms Saumya Vaishnav and Ms Astha Chandra, Project Assistants, and Varun Kumar, Data Entry Operator.


30/9/2016
(Dinesh Paul)
Director

When we make recipes for children and especially for malnourished children we need to keep the following points in view:

- *Any food that we give to the child should be rich in energy. Even simple recipes can be made energy dense by adding extra oil/ghee/butter while feeding the child as per taste. Also sugar / jaggery could be added to provide the additional calories.*
- *The recipes could be made rich in micronutrients especially Vitamin A and Iron by adding Green Leafy Vegetables. Dark Green Leafy vegetables and yellow and orange coloured fruits and vegetables help in keeping the eyes healthy and also build up the immunity of the child.*
- *The recipe should be low in dietary bulk so that the child is able to digest it easily.*
- *Homemade snacks like mathri, laddoos, panjiri are always a better option for children than packaged food.*
- *All the grains and flour that we roast before cooking need less water for cooking. This helps in feeding child with more calories.*
- *Mixture of cereal and pulse provides ideal nutrition to the child. In such preparations seasonal vegetables can be added to increase micronutrient content.*
- *Avoid giving tea and coffee to children with meals as this hampers the absorption of iron in food.*
- *A mother should continue breastfeeding the child as well till two years and beyond.*
- *A growing child needs frequent meals so give a variety of home cooked food.*
- *A child who is sick may not eat enough at one go so feed the child frequently.*
- *For Common Regional Names of Millets used in the Recipes you may refer to Annexure 2.*
- *The common cooking terms used in the Recipes is mentioned in Annexure 3.*
- *Weights and measures have been given in Annexure 4.*

Recipes
from
Northern
India

Burfi

Ingredients

1.	Multigrain Flour*	-	100 g
2.	Oil	-	5 g
3.	Sugar	-	10 g
4.	Grated Coconut	-	40 g
5.	Water	-	110 ml



Method

- In a bowl, boil a mixture of sugar and water for 5 minutes.
- Sieve this sugar syrup using a muslin cloth or a fine sieve.
- Add multigrain flour in the above sugar syrup and mix well.
- Cook for 1 minute by constantly mixing.
- Grease a large plate with little oil.
- Pour the above mixture over the greased plate and spread evenly.
- Decorate this with grated coconut.
- Cut in to square shape when slightly cool.

Nutritional Value per 100 g of serving

Energy: 307 Kcal

Protein: 14.4 g

Fat: 8.8 g

Iron: 2.6 mg

Calcium: 154 mg

*Recipe of Multigrain flour given at Annexure 1.

Dahi Bhalla

Ingredients

- | | | | |
|----|-------------------|---|--------|
| 1. | Urad dal | - | 50 g |
| 2. | Curd (cow's milk) | - | 100 g |
| 3. | Oil | - | 30 ml |
| 4. | Jeera powder | - | ¼ tsp |
| 5. | Salt | - | ½ tsp |
| 6. | Water | - | 150 ml |



Method

- Soak urad dal in water till it covers the dal overnight.
- Grind urad dal finely into a thick paste.
- Add salt and stir vigorously to make the batter fluffy.
- Take small portions and deep fry in hot oil till light brown.
- Soak bhallas in water till they are soft.
- Remove from water and drain off the water by pressing within palms.
- Beat the curd and add bhallas. Add jeera powder and salt.

Nutritional Value per 100 g of serving

Energy: 251 Kcal

Protein: 7.5 g

Fat: 17.4 g

Iron: 1.05 mg

Calcium: 113 mg

Dal Palak



Ingredients

1. Arhar dal - 50 g
2. Spinach - 50 g
3. Oil - 15 ml
4. Salt - ½ tsp
5. Turmeric powder - ¼ tsp
6. Coriander powder - ¼ tsp
7. Cumin seeds - ¼ tsp
8. Water - 175 ml

Method

- Clean and wash dal. Soak for 1 hour in clean water.
- Wash spinach well and chop it finely.
- Cook dal along with spinach and spices for few minutes till tender.
- Heat oil, add cumin seeds and let it splutter.
- Add this to cooked dal.

Nutritional Value per 100 g of serving

Energy: 158 Kcal

Protein: 6 g

Fat: 8 g

Iron: 0.9 mg

Calcium: 36 mg

Dalia Khichdi

Ingredients

1.	Dalia	-	100 g
2.	Masur dal	-	30 g
3.	Moong dal	-	20 g
4.	Potato	-	50 g
5.	Pumpkin	-	50 g
6.	Amaranth (Chaulai)	-	50 g
7.	Onion	-	10 g
8.	Oil	-	10 ml
9.	Salt	-	1 tsp
10.	Haldi	-	¼ tsp
11.	Water	-	300 ml



Method

- Wash and peel the vegetables and cut into medium size pieces.
- Wash green leafy vegetables thoroughly and chop finely.
- Wash dalia and dal.
- Heat oil in a pan. Add chopped onion and sauté them.
- Add vegetables and fry for some time
- Add dalia, dal and mix thoroughly.
- Add salt, haldi powder, warm water and cook till dalia, dal and vegetables become tender.

Nutritional Value per 100 g of serving

Energy: 131 Kcal

Protein: 5.2 g

Fat: 0.4 g

Iron: 2 mg

Calcium: 55 mg

Dalia Porridge

Ingredients

- | | | | |
|----|-----------|---|-------|
| 1. | Dalia | - | 25 g |
| 2. | Moong dal | - | 20 g |
| 3. | Milk | - | 60 ml |
| 4. | Ghee | - | 15 g |
| 5. | Sugar | - | 30g |
| 6. | Water | - | 90 ml |



Method

- Heat ghee in a pan and then roast dalia in it.
- When half done add dal and continue roasting till light brown.
- Add water to the above, cook till soft and slightly thick (semi solid).
- Add milk, sugar and ghee.
- Boil all the dalia for a few minutes, till it is cooked.

Nutritional Value per 100 g of serving

Energy: 223 Kcal

Protein: 5.3 g

Fat: 9.3 g

Iron: 1.1 mg

Calcium: 50 mg

Halwa

Ingredients

1. Multigrain Flour* - 50 g
2. Ghee - 10 g
3. Sugar - 10 g
4. Green Cardamom - 2
5. Luke Warm Water - 150 ml



Method

- In a karahi heat ghee and add cardamom to it.
- Now add water and bring to a boil.
- Add multigrain flour and sugar in the above mixture and cook till the sugar is dissolved and ghee leaves the side of the karahi.

Nutritional Value per 100 g of serving

Energy: 187 Kcal

Protein: 8.6 g

Fat: 7.2 g

Iron: 1.4 mg

Calcium: 86 mg

* Recipe of Multigrain flour at Annexure 1.

Khichdi

Ingredients

1.	Rice	-	20 g
2.	Moong Dal (Washed)	-	60 g
3.	Oil	-	5 ml
4.	Salt	-	½ tsp
5.	Turmeric	-	¼ tsp
6.	Tomatoes	-	50 g
7.	Onion	-	30 g
8.	Carrot	-	40 g
9.	Potato	-	50 g
10.	Green Peas	-	50 g
11.	Water	-	200 ml



Method

- Heat oil in pan.
- Add onions, tomatoes and turmeric and sauté the vegetables.
- Add the washed rice and dal along with other vegetables.
- Add salt and water.
- Cook till it becomes tender.

Nutritional Value per 100 g of serving

Energy: 126 Kcal

Protein: 6.1 g

Fat: 1.7 g

Iron: 1.4 mg

Calcium: 35 mg

Note: - This can also be cooked in pressure cooker as well.

Malted Mandua (Ragi) Palak Mathri

Ingredients

1. Malted Mandua Flour - 50 g
2. Malted Wheat Flour - 40 g
3. Soya bean Flour - 10 g
4. Spinach - 20 g
5. Oil - 10 ml
6. Salt - ½ tsp
7. Ajwain - ¼ tsp
8. Water - 30 ml



Method

- Wash and chop spinach finely.
- Cook it till it becomes tender. Grind it to make paste.
- Mix together malted mandua flour, malted wheat flour, soyabean flour, spinach, salt, ajwain and 5 ml oil.
- Keep mixing the above mixture with both hands for 5-7 minutes.
- Knead the above mixture using little water to prepare tight dough.
- Make small dough balls and roll them into small mathris.
- Heat oil in a vessel and cook mathri till golden brown in colour.

Nutritional Value per 100 g of serving

Energy: 372 Kcal

Protein: 9.9 g

Fat: 10 g

Iron: 3.9 mg

Calcium: 277 mg

Note -For other names of Ragi, refer to Annexure-2

Mandua (Ragi) Laddoo

Ingredients

- | | | | |
|----|------------------------|---|-------|
| 1. | Mandua (Ragi) flour | - | 50 g |
| 2. | Cholai ke dane/ramdana | - | 40 g |
| 3. | Soyabean flour | - | 10 g |
| 4. | Ghee | - | 15 g |
| 5. | Jaggery | - | 50 g |
| 6. | Water | - | 50 ml |



Method

- Melt jaggery in water and cook till thick sugar syrup of one thread is obtained.
- In a large plate/ thali, mix together mandua flour, soyabean flour, ramdana and ghee.
- Now add prepared jaggery syrup in the above mixture and mix well till the mixture is able to combine well.
- Let the mixture cool down a bit.
- Mix well all the content and make small rounds of laddoos.

Nutritional Value per 100 g of serving

Energy: 400 Kcal

Protein: 6.2 g

Fat: 9.9 g

Iron: 5.2 mg

Calcium: 387 mg

Note -For other names of Ragi, refer to Annexure-2

Mandua (Ragi) Stuffed Parantha

Ingredients

1.	Malted Mandua (Ragi) Flour	-	40 g
2.	Malted Wheat Flour	-	20 g
3.	Potato	-	50 g
4.	Oil	-	10 ml
5.	Salt	-	½ tsp
6.	Amchoor Powder	-	½ tsp
7.	Water		30 ml



Method

- Clean and pressure cook potato till it becomes tender and mash them. Add salt and amchoor in mashed potato.
- Mix mandua flour, wheat flour and knead them using water to prepare a dough.
- Divide the dough into small balls and flatten them with the help of rolling pin. Place little potato stuffing on the rolled dough and roll it in to a parantha.
- On a tava, shallow fry the parantha using oil.

Nutritional Value per 100 g of serving

Energy: 260 Kcal

Protein: 4.7 g

Fat: 11.5 g

Iron: 2 mg

Calcium: 83 mg

Note -For other names of Ragi, refer to Annexure-2

Maize Halwa

Ingredients

1. Maize (Corn) - 30 g
2. Wheat flour - 30 g
3. Sugar - 50 g
4. Ghee - 20 g
5. Water - 180 ml



Method

- Grind the maize coarsely.
- Fry maize and wheat flour in ghee till light brown.
- Mix water and sugar and bring to boil.
- Add sugar syrup to the mixture.
- Cook well in a kadhai till the ghee leaves the sides of the kadhai.

Nutritional Value per 100 g of serving

Energy: 198 Kcal

Protein: 2.7 g

Fat: 8.5 g

Iron: 0.9 mg

Calcium: 6 mg

Mandua (Ragi) Pura

Ingredients

1. Malted Mandua flour - 60 g
2. Malted wheat flour - 20 g
3. Roasted lentil (Masur) flour - 20 g
4. Fennel seeds (saunf) - 10 g
5. Sugar - 60 g
6. Oil - 30 ml
7. Water - 300 ml



Method

- Melt sugar in water.
- Mix all the flours and add fennel seeds.
- Add flour mixture in sugar syrup and make a thin batter.
- Heat oil on a griddle and add a ladle full of the above batter and spread it evenly on the tawa.
- Cook the pura from both sides until golden brown. Add more oil if required.

Nutritional Value per 100 g of serving

Energy: 211 Kcal

Protein: 2.9 g

Fat: 7.2 g

Iron: 1.2 mg

Calcium: 28.7 mg

Note -For other names of Ragi, refer to Annexure-2

Panjiri Laddoo

Ingredients

1. Malted Moha Millet / Italian Millet (Kedi / kangni) flour - 20 g
2. Sprouted wheat flour - 20 g
3. Malted Barnyard Millet - 20 g
4. Soybean, roasted - 10 g
5. Bengal gram, roasted (chana) - 10 g
6. Sesame/Til - 10 g
7. Coconut (dry), grated - 10 g
8. Sugar powder - 30 g
9. Ghee - 10 g
10. Water - 20 ml



Method

- Grind together malted moha millet, sprouted wheat flour, malted barnyard millet, roasted soybean, roasted bengal gram and sesame/til.
- Add ghee to the above mixture.
- Prepare sugar syrup of one thread consistency and add the above mixture to it.
- After the mixture has cooled down, mix grated coconut and prepare laddoo.

Nutritional Value per 100 g of serving

Energy: 380 Kcal

Protein: 10.9 g

Fat: 14.2 g

Iron: 3.5 mg

Calcium: 105 mg

Note- For other names of Moha millet, Barnyard millet refer to Annexure-2

Paushtik Panjiri

Ingredients

1. Wheat Flour - 100 g
2. Besan - 50 g
3. Ghee - 20 g
4. Jaggery - 50 g



Method

- Heat ghee in a karahi. Add wheat flour and roast. After a few minutes, add besan and roast till golden brown.
- Add crushed jaggery and mix well.
- Store in dry airtight containers.
- Serve as and when required.

Nutritional Value per 100 g of serving

Energy: 373 Kcal

Protein: 10.4 g

Fat: 2.9 g

Iron: 2.9 mg

Calcium: 35 mg

Note-The panjiri can be stored for many days.

Paushtik Roti

Ingredients

1. Maize flour - 50 g
2. Bajra Flour - 50 g
3. Spinach - 25 g
4. Salt - ½ tsp
5. Water - 30 ml



Method

- Clean, wash and chop spinach.
- Sieve maize flour and bajra flour together.
- Mix the chopped spinach, salt with the maize and bajra flour.
- Knead into dough. Divide into small balls and roll into chapattis.
- Cook on a hot tawa and shallow fry till done.

Nutritional Value per 100 g of serving

Energy: 246 Kcal

Protein: 8.1 g

Fat: 3.1 g

Iron: 16 mg

Calcium: 18 mg

Note -For other names of Bajra refer to Annexure-2

Peanut Burfi

Ingredients

1. Besan - 10 g
2. Peanuts - 50 g
3. Sugar - 20 g
4. Ghee - 5 g
5. Water - 10 ml



Method

- Heat a kadhai.
- Roast the peanuts till the brown skin separates from the peanuts.
- Remove their brown skin and powder them. (Keep a few peanuts for decorating the top of burfi)
- Make sugar syrup of two thread consistency.
- Dry roast besan till golden brown. Add powdered peanuts and syrup.
- Stir continuously, when it starts leaving the sides of the pan remove from fire.
- Set in a flat plate smeared with ghee and cut into pieces as desired.
- Put a cut piece of peanut on each piece of burfi.

Nutritional Value per 100 g of serving

Energy: 496 Kcal

Protein: 17 g

Fat: 28.2 g

Iron: 2.3 g

Calcium: 48 mg

Sprouted Bengal Gram Stuffed Parantha

Ingredients

1. Wheat flour (whole) - 100 g
2. Sprouted Bengal gram (chana) - 30 g
3. Coriander leaves - 2 g
4. Coriander powder - ¼ tsp
5. Ginger - ¼ inch piece
6. Oil - 20 ml
7. Salt - ½ tsp
8. Water - 60 ml



Method

- Clean and soak bengal gram overnight in water till it covers the bengal gram.
- Tie the soaked and drained bengal gram in a wet muslin cloth for 2-3 days and let it sprout.
- Mix sprouted chana, salt, coriander, ginger and grind to a fine paste.
- Mix wheat flour and water, knead well into soft dough.
- Take a small portion of the dough, flatten with the palms, stuff the masala paste and roll into a ball.
- Roll out the balls into chapattis with a rolling pin.
- Shallow fry on a hot tawa till light brown.

Nutritional Value per 100 g of serving

Energy: 375 Kcal

Protein: 10.8 g

Fat: 13.8 g

Iron: 12.9 mg

Calcium: 29 mg

Suji Porridge

Ingredients

1.	Suji	-	40 g
2.	Green gram dal (moong)	-	10 g
3.	Ghee	-	10 g
4.	Jaggery	-	20 g
5.	Cardamom	-	1
6.	Water	-	200 ml



Method

- Clean suji and green gram dal. Dry roast separately and mix.
- Boil water, add the above mixture and cook till it becomes soft.
- Add powdered jaggery and continue cooking till it dissolves.
- Add ghee and cardamom powder, mix well.

Nutritional Value per 100 g of serving

Energy: 262 Kcal

Protein: 5.2 g

Fat: 8 g

Iron: 1.2 mg

Calcium: 23 mg

Wheat Dal Burfi

Ingredients

1. Wheat flour - 25 g
2. Moong dal washed - 10 g
3. Ghee - 10 g
4. Sugar - 15 g
5. Water - 15 ml



Method

- Prepare sugar syrup of 2 thread consistency and keep it aside.
- Dry roast wheat flour.
- Roast dal and grind it well.
- Heat ghee in a pan and add roasted ground moong dal along with roasted wheat flour.
- Cook till golden brown.
- Add syrup and stir continuously.
- When properly cooked, set in an oiled thali.
- Cut into pieces.

Nutritional Value per 100 g of serving

Energy: 426 Kcal

Protein: 9 g

Fat: 16.1 g

Iron: 2.6 mg

Calcium: 32 mg

Wheat and Green Gram Laddoo

Ingredients

1. Wheat flour (whole) - 50 g
2. Green gram dal (dhuli) - 50 g
3. Sugar - 50 g
4. Oil - 20 ml



Method

- Dry roast wheat flour and green gram dal separately till light brown.
- Grind green gram dal into a fine powder and mix with wheat flour.
- Roast in oil for 10 minutes.
- Remove from fire.
- Add powdered sugar and mix thoroughly.
- Take small portions and prepare laddoos.

Nutritional Value per 100 g of serving

Energy: 428 Kcal

Protein: 10.7 g

Fat: 12.5 g

Iron: 2.6 mg

Calcium: 36 mg

Recipes
from
Eastern
India

Assam Mix

Ingredients

1. Rice - 70 g
2. Green gram - 20 g
3. Peanut - 5 g
4. Sesame (Til) - 5 g



Preparation of basic flour

Rice flour

- Clean, wash and soak rice in water till it covers the rice.
- Grind the rice.
- Roast the rice flour in a kadhai till it turns light brown.

Green gram flour

- Clean, wash and sundry green gram.
- Roast, grind and sieve into fine flour.

Peanut flour

- Clean, roast and grind peanut to make a coarse powder.

Sesame (Til) flour

- Clean, wash and dry sesame seeds.
- Roast in a kadhai till light brown and grind.

Method

Mix all the flours in the ratio of Rice flour (70 g): Green gram (20 g): Peanut flour (5 g): Sesame flour (5 g). The portions in the said ration form the basic formula of Assam Mix. Store the mix in an airtight container and use.

Nutritional Value per 100 g of precooked serving

Energy: 365 Kcal

Protein: 11.9 g

Fat: 4.6 g

Iron: 1.9 mg

Calcium: 84 mg

Significance: Assam Mix is a clinically proved weaning food developed by the Department of Food and Nutrition, Faculty of Home Science, Assam Agricultural University, Jorhat following the ICMR guideline for developing weaning mix with cereal: pulses: oilseeds. It has the capacity to aid healthy growth in infants. In addition to being an ideal food for infants, this mix can also be used to supplement the diet for all age groups.

Khisiri (Khichdi)



Ingredients

1.	Rice	90 g
2.	Green Gram dal	75 g
3.	Carrot	40 g
4.	Potato	50 g
5.	Peas	50 g
6.	Oil	10 ml
7.	Turmeric powder	¼ tsp
8.	Salt	1 tsp
9.	Water	400 ml

Method

- Peel and cut vegetables into small pieces.
- Cook rice and dal together with vegetables along with salt and turmeric.

Feeding Suggestion

To increase its energy content, oil or butter may be added as per taste.

Nutritional Value per 100 g of serving

Energy: 132 Kcal

Protein: 4.9 g

Fat: 1.9 g

Iron: 0.8 mg

Calcium: 19 mg

Significance: Khichdi is a common weaning food adopted by almost all the communities of Assam

Kol Pitha

(Banana Rice Cake)

Significance: Kol Pitha is a popular snack in Assam. Children prefer to eat Kol Pitha with milk. It is an energy dense snack as it contains rice flour, sugar and banana.

Ingredients

- | | | | |
|----|----------------------|---|-------|
| 1. | Parboiled rice flour | - | 160 g |
| 2. | Banana | - | 80 g |
| 3. | Oil | - | 30 ml |
| 4. | Powdered Sugar | - | 30 g |

Method

- Mash the banana properly.
- Blend mashed banana with rice flour and sugar.
- Make small round balls from the dough and fry till golden brown.

Nutritional Value per 100 g of serving

Energy: 313 Kcal

Protein: 2.9 g

Fat: 12.7 g

Iron: 0.8 mg

Calcium: 12 mg



Kol Pithaguri

(Rice Porridge with Banana)



Ingredients

- | | | | |
|----|------------|---|--------|
| 1. | Rice flour | - | 80 g |
| 2. | Milk | - | 200 ml |
| 3. | Sugar | - | 15 g |
| 4. | Banana | - | 80 g |

Method

- Add milk and sugar to the rice flour.
- Cook on low flame while stirring continuously.
- After the porridge become thick remove from fire. Let it cool.
- Mash the banana and mix it with the porridge.

Feeding Suggestion

A little bit of butter can be added to increase its energy density. Cooked pulses and Vegetables can also be added to add variety in taste.

Nutritional Value per 100 g of serving

Energy: 137 Kcal

Protein: 3.4 g

Fat: 2.6 g

Iron: 0.5 mg

Calcium: 80 mg

Significance: Kol Pithaguri is a common weaning food adopted by almost all the communities of Assam. It is nutritious and has high carbohydrate content.

Koni aru Alur Pitika

(Mashed Egg and Potato)

Significance: Egg contains good amount of proteins, fats, vitamins and minerals. This helps in the optimum growth of children.

Ingredients

- | | | | |
|----|--------|---|---------|
| 1. | Egg | - | 1 |
| 2. | Potato | - | 50 g |
| 3. | Oil | - | 10 ml |
| 4. | Salt | - | 1/4 tsp |

Method

- Boil egg and potato.
- Mash both ingredients well with a little salt and oil.

Nutritional Value per 100 g of serving

Energy: 202 Kcal

Protein: 7.2 g

Fat: 15 g

Iron: 1.2 mg

Calcium: 33 mg



Laskara / Narikalor Laroo

(Coconut Laddoo)



Ingredients

- | | | | |
|----|---------|---|------|
| 1. | Coconut | - | 30 g |
| 2. | Suji | - | 50 g |
| 3. | Ghee | - | 10 g |
| 4. | Sugar | - | 25 g |

Method

- Grate the coconut. Add sugar and mix well.
- Heat kadhai and cook on a low flame stirring continuously.
- When the sugar starts to melt and the mixture leaves the sides of the kadhai, remove the pan from the fire.
- Let it cool for 10 minutes.
- Make laddoos while the mixture is warm.

Nutritional Value per 100 g of serving

Energy: 489 Kcal

Protein: 6.3 g

Fat: 34 g

Iron: 2.7 mg

Calcium: 111 mg

Significance: Laskara is a delicacy for all communities across all age group. Children are especially fond of this snack which is rich in fat content.

Luwa Pithguri

(Roasted Rice Flour)

Ingredients

- | | | | |
|----|------------|---|--------|
| 1. | Rice flour | - | 80 g |
| 2. | Jaggery | - | 30 g |
| 3. | Milk | - | 200 ml |
| 4. | Banana | - | 80 g |
| 5. | Peanuts | - | 5 g |



Method

- Roast peanuts and remove their outer skin. Grind into powder.
- Heat a pan and add milk till it comes to a boil.
- Mash the banana.
- Add rice flour, jaggery and peanut powder to the boiling milk.
- Mix well till the mixture thickens.
- Add mashed banana to the mixture.

Nutritional Value per 100 g of serving

Energy: 272 Kcal

Protein: 6.4 g

Fat: 8.6 g

Iron: 1.2 mg

Calcium: 178 mg

Significance: Luwa Pithaguri is a traditional recipe in which rice flour (from parboiled rice) is roasted and stored in a Tekeli (earthen pot) for 2 to 3 months. Before serving, hot milk and sugar is added to make it a nutritious dish.

Luwa Pithaguri is easily digestible, hence suitable for children, pregnant and lactating women and the elderly. It is appropriate for serving to children at the Anganwadi Centre also.

Malpoa

(Rice Flour and Jaggery Pancake)



Ingredients

- | | | | |
|----|------------|---|--------|
| 1. | Rice flour | - | 100 g |
| 2. | Jaggery | - | 50 g |
| 3. | Oil | - | 25 ml |
| 4. | Water | - | 300 ml |

Method

- In a pan, add water, rice flour, jaggery and boil it till a thick pouring consistency is achieved.
- Ladle small portions on to a tawa and shallow fry till golden brown.

Nutritional Value per 100 g of serving

Energy: 184 Kcal

Protein: 1.7 g

Fat: 6.1 g

Iron: 0.5 mg

Calcium: 12 mg

Significance: Malpoa is a traditional morning or evening snack eaten with milk. It is favourite dish of most of the children. Coconut can be added to enhance the taste and till (Sesame) to make it rich in calcium.

Murir Laroo

(Puffed Rice Laddoo)



Ingredients

1. Puffed Rice (Muri) - 100 g
2. Jaggery - 200 g
3. Water - 100 ml

Method

- In a bowl, add water and jaggery.
- Boil the mixture till one thread consistency is achieved.
- Remove from fire.
- Add the puffed rice and mix thoroughly in the syrup.
- Make into balls after it has cooled slightly.

Nutritional Value per 100 g of serving

Energy: 364 Kcal

Protein: 2.5 g

Fat: 0.1g

Iron: 19.8 mg

Calcium: 61 mg

Significance: Murir laroo is a popular and delicious snack in Assam. It is prepared by roasting parboiled rice in sand for puffing. It can be stored in an airtight container for several days.

Namkin Gulgula

Ingredients

- | | |
|-----------------------------|-----------|
| 1. Green Gram whole (moong) | - 50 g |
| 2. Oil | - 15 ml |
| 3. Amchoor | - 1/8 tsp |
| 4. Salt | - 1/4 tsp |
| 5. Water | - 2 tsp |



Method

- Wash and soak the green gram dal overnight.
- Grind it into a smooth paste, with salt and amchoor and leave for 3-4 hours.
- Heat oil in a karahi & fry small amounts of the above paste till golden.

Nutritional Value per 100 g of serving

Energy: 269 Kcal

Protein: 10.6 g

Fat: 13.5 g

Iron: 1.6 mg

Calcium: 33 mg

Panchamrit

Ingredients

1.	Curd (Cow's Milk)	-	100 g
2.	Milk (Cow's Milk)	-	100 g
3.	Sugar	-	15 g
4.	Ghee	-	20 g
5.	Honey	-	15 g



Method

- Mix all the ingredients thoroughly. .

Feeding Suggestion

Malbhog banana or rice kheer is also served along with Panchamrit

Nutritional Value per 100 g of serving

Energy: 166 Kcal.

Protein: 2.5 g

Fat: 11.2 g

Iron: 0.2 mg

Calcium: 107 mg

Significance: Panchamrit is a traditional dish of the people of Assam and is given only once, as a ritual, to expectant mothers during the fifth month of pregnancy.

Panchamrit is very nutritious and contains high amounts of protein, fat and energy. It can be given more frequently during the second and third trimester of pregnancy as well.

Pani Pitha

(Rice Flour Pancake)

Ingredients

- | | | | |
|----|------------------|---|---------|
| 1. | Rice flour | - | 250 g |
| 2. | Onion | - | 40 g |
| 3. | Coriander leaves | - | A sprig |
| 4. | Oil | - | 25 ml |
| 5. | Salt | - | 1 tsp |
| 6. | Water | - | 600 ml |



Method

- Chop onions and coriander leaves finely.
- Mix these with the rice flour.
- Add water to make a batter of flowing consistency.
- Add salt to taste.
- Heat oil in a tawa.
- Ladle the mixture on to the tawa
- When one side starts to cook, turn it over and allow the other side to cook. Add oil when required.

Nutritional Value per 100 g of serving

Energy: 150 Kcal

Protein: 2.3 g

Fat: 4.2 g

Iron: 0.3 mg

Calcium: 6 mg

Significance: This pitha looks like a Dosa or pancake and is a savoury. The Nutritional Value and appearance of this dish can be enhanced by adding grated carrot and green leafy vegetables.

Parboiled Rice Luthuri (Porridge)

Ingredients

- | | | |
|---------------|---|--------|
| 1. Rice flour | - | 100 g |
| 2. Milk | - | 50 ml |
| 3. Banana | - | 50g |
| 4. Sugar | - | 20g |
| 5. Water | - | 100 ml |



Method

- Dry roast rice flour in a pan till golden brown.
- Add water and cook on slow fire till it thickens.
- Add milk, sugar and bring to boil.
- Add mashed banana, mix thoroughly and serve.

Nutritional Value per 100 g of serving

Energy: 200 Kcal

Protein: 3.5 g

Fat: 1 g

Iron: 0.4 mg

Calcium: 30 mg

Peanut cake powder and Jack Fruit seed powder porridge

Ingredients

1. Jack fruit seed flour - 25 g
2. Peanut cake flour - 50 g
3. Palm jaggery - 25 g
4. Water - 225 ml



Method

- Mix the two flours together.
- Boil jaggery in water to make syrup.
- Add flour to the jaggery syrup and keep stirring over low flame.
- Boil for 10-15 mins in an open kadhai over a low flame.
- Let it cool.

Preparation of jack fruit seed flour

- Peel the jack fruit seeds.
- Slice them thin and wash repeatedly in cold water.
- Boil for 15 mins and dry in the sun.
- Grind dried seeds to flour.

Nutritional Value per 100 g of serving

Energy: 149 Kcal

Protein: 10.5 g

Fat: 17.6 g

Iron: 0.1 mg

Calcium: 99 mg

Poko Mithoi

(Roasted Rice Flour Laddoo)

Ingredients

- | | | | |
|----|------------|---|-------|
| 1. | Rice flour | - | 50 g |
| 2. | Jaggery | - | 10 g |
| 3. | Oil | - | 20 ml |
| 4. | Water | - | 10 ml |



Method

- Roast the rice flour in oil, stirring continuously.
- In another pan melt the jaggery with little water.
- Add the flour to the melted jaggery and again cook thoroughly.
- Make into round balls (laddoos) while the mixture is still warm.

Feeding Instructions

Add milk/ water to make a paste to feed young children.

Nutritional Value per 100 g of serving

Energy: 428 Kcal

Protein: 4.2 g

Fat: 25 g

Iron: 1 mg

Calcium: 16 mg

Significance: Poka Mithoi is a nutritious snack for children. It can be stored in airtight containers for at least 15 days at room temperature. To the traditional ingredients, add some lentil flour and oilseed flour to make the “laddoos” more nutritious. Assam Mix flour also can be used.

Pona Bhat

(Bora Rice)

Significance: Pona Bhat is an especiality of the Rabha community. Addition of mustard oil and coconut increases the Nutritional Value of this dish.



Ingredients

- | | | | |
|----|--------------------------|---|---------|
| 1. | Bora rice (Sticky rice) | - | 100 g |
| 2. | Coconut grated (dry) | - | 50 g |
| 3. | Oil | - | 5 ml |
| 4. | Salt | - | 1/4 tsp |
| 5. | Water | - | 400 ml |

Method

- Heat oil in a kadhai and cook rice with water. Add coconut and salt when the rice is half done.

Nutritional Value per 100 g of serving

Energy: 305 Kcal

Protein: 4.7 g

Fat: 14.3 g

Iron: 2 mg

Calcium: 86 mg

Rice Dal Porridge



Ingredients

1.	Rice	-	30 g
2.	Green gram dal (Moong)	-	10 g
		-	
3.	Spinach (or any other leafy vegetable)	-	30g
4.	Peanuts	-	15 g
5.	Jaggery	-	30 g
6.	Water	-	80 ml

Method

- Cook rice.
- Roast peanuts, remove the skin and grind it into fine powder.
- Roast green gram dal and grind it into fine powder.
- To the cooked rice, add pulse and peanut powder.
- Steam spinach till soft and mash well. Strain through a clean cloth and add juice to the above mixture.
- Add water, jaggery and cook for few minutes.

Nutritional Value per 100 g of serving

Energy: 173 Kcal

Protein: 4.5 g

Fat: 3.1 g

Iron: 1.1 mg

Calcium: 34 mg

Feeding suggestion: The pulp of spinach can be used to make palak dough.

Til Pitha

(Special Sesame Rice Roll)

Ingredients

1. Bora rice - 100 g
2. Sesame seeds - 25 g
3. Jaggery - 50 g

Method

- Soak Bora rice for half an hour in just sufficient amount of water.
- Grind and sieve the soaked rice.
- The flour should be covered with a wet cloth or banana leaf to retain moisture.
- Roast the sesame (til) seeds. Add jaggery with continuous stirring.
- Heat a heavy bottomed tawa and spread bora rice powder on it in a circular shape.
- Fill it with the sesame and jaggery mixture and roll.



Nutritional Value per 100 g of serving

Energy: 268 Kcal

Protein: 4.8 g

Fat: 11.3 g

Iron: 4.3 mg

Calcium: 412 mg

Significance: Till Pitha is typically a festive dish of almost all communities of Assam. It is prepared from a sticky variety of rice called “Bora” and contains sesame (till) which makes it very nutritious. It can be stored in airtight container for 15 days

Tilor Laroo

(Sesame Laddoo)

Ingredients

1. Til (white and black) - 100 g
2. Jaggery - 200 g
3. Water - 100 ml



Method

- Dry roast the til in a kadhai.
- Prepare syrup by boiling jaggery with water to one thread consistency.
- Remove from fire and add the roasted till.
- Mix thoroughly and make in to small balls when the solution is warm.

Nutritional Value per 100 g of serving

Energy: 443 Kcal

Protein: 6.1 g

Fat: 14.4 g

Iron: 4.9 mg

Calcium: 537 mg

Significance: Tilor laroo is prepared on the auspicious day of Magh Bihu and Bohag Bihu. A part from it is use as a snack it is believed to beneficial to fight against diseases such as heart disease, high blood pressure, cancer, arthritis, migraine etc.

Tora Pitha, Jun Pitha, Goti Pitha (Rice Cakes)

Ingredients

1. Scented rice flour (joha chawlor guri) - 500 g
2. Coconut grated (dry) - 200 g
3. Ground sesame (til) seeds - 100 g
4. Sugar - 250 g
5. Water - 250 ml



Method

- Dry roast grated coconut and ground sesame together.
- Add sugar and stir for some time.
- Make soft dough of scented rice flour by adding water and roll it into circle.
- Fill it with the roasted coconut, sesame and sugar mixture and give it different shapes.
- Steam them.

Nutritional Value per 100 g of serving

Energy: 206 Kcal

Protein: 3.6 g

Fat: 3.1 g

Iron: 1.6 mg

Calcium: 219 mg

Significance: These Pithas are a speciality of the Maan community of Assam and look very appetizing when served. Pithas are a healthy snack due to the low fat content.

Wheat Besan Gulgula

Ingredients

1.	Wheat Flour	-	30 g
2.	Besan	-	10 g
3.	Jaggery	-	30 g
4.	Oil	-	20 ml
5.	Water	-	80 ml



Method

- Mix water, jaggery and bring it to boil.
- Remove from fire and cool the syrup.
- Add syrup to mixture of wheat flour, besan and mix well.
- Heat oil in a pan.
- Ladle small portions of the batter and deep fry till golden brown.

Nutritional Value per 100 g of serving

Energy: 295 Kcal

Protein: 4.8 g

Fat: 12.6 g

Iron: 2.2 mg

Calcium: 122 mg

Recipes
from
Southern
India

Banana Peanut food

Ingredients

- | | | | |
|----|---------|---|-------|
| 1. | Peanut | - | 10 g |
| 2. | Banana | - | 30 g |
| 3. | Jaggery | - | 30 g |
| 4. | Milk | - | 30 ml |



Method:

1. Mash the banana.
2. Dry roast and grind peanuts.
3. Mix all the ingredients to form a smooth paste.

Nutritional Value per 100 g of serving

Energy: 227 Kcal

Protein: 4 g

Fat: 5.2 g

Iron: 1.26 mg

Calcium: 73 mg

Cambu Porridge

Ingredients

- | | | | |
|----|-----------------------|---|--------|
| 1. | Cambu (Pearl millet) | - | 50g |
| 2. | Wheat Flour (Roasted) | - | 25g |
| 3. | Green gram dal flour | - | 25g |
| 4. | Jaggery | - | 50g |
| 5. | Water | - | 300 ml |

Method

- Mix all the flours in half the water and prepare a semi solid batter.
- Prepare jaggery syrup with remaining water and boil.
- Add the flour batter to the boiling syrup and keep stirring.
- Boil for 10- 15 minutes in an open vessel over a low fire.

Nutritional Value per 100 g of serving

Energy: 178 Kcal

Protein: 4.3 g

Fat: 0.9 g

Iron: 2.1 mg

Calcium: 26 mg



*For other name of Cambu (Pearl millet), refer to Annexure 2

Carrot vada

Ingredients

1.	Black gram dal(urad dal)	-	25 g
2.	Carrot	-	50 g
3.	Roasted Peanuts	-	10g
4.	Oil	-	10ml



Method

- Soak the dal overnight and grind it the next day.
- Grate the carrots.
- Pound the peanuts.
- Mix all the ingredients together.
- Make small vadas using water and making hole in the centre.
- Heat oil in a kadhai and deep fry till golden brown.

Nutritional Value per 100 g of serving

Energy: 258 Kcal

Protein: 9.07 g

Fat: 14.4 g

Iron: 1.7 mg

Calcium: 86 mg

Cholam (Jowar) Puttu

Ingredients

- | | | | |
|----|--|---|---------|
| 1. | Cholam Flour | - | 30 g |
| 2. | Roasted Bengal Gram
Dal Flour (besan) | - | 25g |
| 3. | Jaggery | - | 20g |
| 4. | Coconut scrapings | - | 5g |
| 5. | Salt | - | 1/8 tsp |
| 6. | Water | - | 60 ml |



Method

- Mix cholam flour, besanr, coconut scrapings and salt together.
- Add water, mix and steam for 15 minutes.
- Mix in jaggery powder.

Nutritional Value per 100 g of serving

Energy: 227 Kcal

Protein: 6.7g

Fat: 3.7 g

Iron: 4.5 mg

Calcium: 58 mg

*For other name of Cholam, refer to Annexure 2

Hyderabad Mix

Ingredients

- | | | | |
|----|-------------------------------------|---|--------|
| 1. | Wheat Flour | - | 40 g |
| 2. | Roasted Bengal Gram dal (chana dal) | - | 15 g |
| 3. | Roasted Peanuts | - | 10g |
| 4. | Jaggery | - | 30g |
| 5. | Water | - | 130 ml |



Method

- Dry roast bengal gram dal and grind it.
- Roast peanuts, remove its skin and crush it into small pieces.
- Mix wheat flour with powdered bengal gram, crushed peanuts and jaggery.
- Add water and cook till it becomes of creamy consistency.

Nutritional Value per 100 g of serving

Energy: 186 Kcal

Protein: 5.6 g

Fat: 2.8 g

Iron: 2.3 mg

Calcium: 27 mg

Jowar Upma

Ingredients

- | | | | |
|----|---------------------------|---|--------|
| 1. | Broken Jowar (Jowar Rava) | - | 50 g |
| 2. | Roasted Peanuts | - | 20g |
| 3. | Oil | - | 5ml |
| 4. | Mustard seeds | - | ¼ tsp |
| 5. | Water | - | 150 ml |



Method

- Heat oil in a kadhai. Put mustard seeds and let them splutter.
- Add broken jowar and cook till slightly brown.
- Add water and cook till soft. Add ground peanuts and cook till the water is absorbed by jowar.

Nutritional Value per 100 g of serving

Energy: 223 Kcal

Protein: 6.9 g

Fat: 5.6 g

Iron: 1.7 mg

Calcium: 18 mg

* For other name of Jowar, refer Annexure 2

Karupatti Halwa

Ingredients

- | | |
|-----------------------------|----------|
| 1. Karupatti (palm jaggery) | - 100 g |
| 2. Water | - 100 ml |
| 3. Ghee | - 30 g |
| 4. Rice flour | - 30 g |
| 5. Til seeds | - 10 g |



Method

- Mix karupatti with water to make syrup, strain the mixture with muslin cloth to filter out impurities.
- Heat the syrup on a low heat. Keep heating to reduce the syrup.
- Add rice flour to the syrup. Stir the mixture till it gets thickened.
- Gradually add ghee to the mixture. Cook on a low heat still stirring continuously.
- Add ghee at regular intervals and keep stirring. Cook for 4-5 minutes and remove from the heat.
- Garnish with roasted til seeds.

Nutritional Value per 100 g of serving

Energy: 300 Kcal

Protein: 2.1g

Fat: 30.5 g

Iron: 0.4 mg

Calcium: 88 mg

Paushtik Halwa

Ingredients

- | | | | |
|----|--|---|-------|
| 1. | Soyabeans | - | 50 g |
| 2. | Green gram Dal
(Moong dal
Dhuli) | - | 25 g |
| 3. | Grated Coconut
(dry) | - | 20 g |
| 4. | Ghee | - | 30 g |
| 5. | Sugar | - | 30 g |
| 6. | Water | - | 75 ml |



Method

- Soak soyabeans and green gram dal separately overnight.
- Remove soyabean skin by rubbing with hands.
- Mix green gram dal and soyabean and grind to paste.
- Heat oil in kadhai and add dal and soyabean paste.
- Cook till golden brown.
- Add water, sugar, coconut and cook till oil separates.

Nutritional Value per 100 g of serving

Energy: 370 Kcal

Protein: 12.9 g

Fat: 23.3 g

Iron: 3.9 mg

Calcium: 97 mg

Pausthtik Vada

Ingredients

1.	Green gram dal (moong dhuli)	-	50 g
2.	Black Gram Dal (urad dhuli)	-	25g
3.	Soyabean	-	25g
4.	Salt	-	¼ tsp
5.	Oil	-	15ml
6.	Water	-	15ml



Method

- Soak green gram dal, black gram dal and soyabean separately overnight.
- Remove skin from soyabean by rubbing with hands.
- Mix black gram dal, green gram dal, soyabean and grind to paste.
- Add water and prepare batter of thick consistency.
- Add salt, mix thoroughly. Shape into vadas and deep fry in hot oil.

Nutritional Value per 100 g of serving

Energy: 328 Kcal

Protein: 17.5 g

Fat: 11.7 g

Iron: 3.2 mg

Calcium: 77 mg

Pongal Sweet

Ingredients

1.	Rice	-	100 g
2.	Washed Moong Dal	-	50g
3.	Jaggery	-	100g
4.	Peanut	-	20g
5.	Coconut (dry)	-	20g
6.	Ghee	-	20 g
7.	Water	-	300 ml



Method

- Wash rice and dal well.
- Add water in a pan and bring to a boil. Add the rice and dal.
- When half done add crushed jaggery, peanuts (roasted and crushed) and grated coconut.
- Cook on low fire till done. Pour hot ghee over it and remove from fire

Nutritional Value per 100 g of serving

Energy: 218 Kcal

Protein: 4.3 g

Fat: 6.8 g

Iron: 1.2 mg

Calcium: 26 mg

Ragi Adai

Ingredients

1.	Ragi Flour	-	30 g
2.	Besan	-	15g
3.	Jaggery	-	15g
4.	Coconut scrapings	-	10g
5.	Oil	-	10ml
6.	Water	-	20ml



Method

- Dissolve jaggery in water
- Add besan, ragi flour and coconut scrapings to the jaggery water to make a smooth batter.
- Prepare the adai (like dosa) on a greased iron pan or tawa till well cooked.

Nutritional Value per 100 g of serving

Energy: 366 Kcal

Protein: 6.3 g

Fat: 17.4 g

Iron: 3.8 mg

Calcium: 158 mg

Note -For other names of Ragi, refer to Annexure-2

Rava Payasam

Ingredients

- | | | | |
|----|----------------------------------|---|--------|
| 1. | Rava | - | 30 g |
| 2. | Green gram dal
washed (moong) | - | 25g |
| 3. | Carrot | - | 20g |
| 4. | Milk | - | 200 ml |
| 5. | Sugar | - | 20 g |
| 6. | Water | - | 120 ml |



Method

- In a pan, add water and cook rava and green gram dal till soft.
- Cook carrot separately using the milk and mix with cooked dal and rava.
- Add sugar and boil till it dissolves completely.
- Remove from fire and let it cool.

Nutritional Value per 100 g of serving

Energy: 165 Kcal

Protein: 5.9 g

Fat: 3.2 g

Iron: 0.74 mg

Calcium: 188 mg

Sago Vada

Ingredients

- | | | | |
|----|------------------|---|---------|
| 1. | Potatoes | - | 60 g |
| 2. | Sago | - | 30 g |
| 3. | Chana dal | - | 20 g |
| 4. | Coriander leaves | - | A sprig |
| 5. | Oil | - | 30ml |
| 6. | Salt | - | ¼ tsp |
| 7. | Chaat Masala | | ¼ tsp |



Method

- Wash sago and soak in just sufficient water for about half an hour till the grains turn soft.
- Boil and mash the potatoes.
- Soak chana dal and boil it till tender.
- Mix sago, potatoes, chana dal, coriander leaves, chaat masala and salt.
- Divide into small balls; flatten between the palms of the hands and deep fry in hot oil till light brown.

Nutritional Value per 100 g of serving

Energy: 266 Kcal

Protein: 2.7 g

Fat: 16.4 g

Iron: 0.9 mg

Calcium: 11 mg

Sevian Upma

Ingredients

1.	Sevian	-	40 g
2.	Onion	-	30 g
3.	Curry leaves	-	Few leaves
4.	Mustard	-	¼ tsp
5.	Turmeric	-	¼ tsp
6.	Peanuts	-	10 g
7.	Oil	-	20ml
8.	Coriander leaves	-	A sprig
9.	Salt	-	½ tsp
10.	Water	-	60 ml



Method

- Dry roast sevian till light brown.
- Heat oil in a pan. Add mustard seeds. Let them splutter. Now, add chopped onion and cook till they turn pink.
- Add all other ingredients except lime juice and coriander leaves. Cook till sevian are soft and all the water is absorbed.
- Sevian should not stick to each other. Add chopped coriander leaves and lime juice.

Nutritional Value per 100 g of serving

Energy: 246 Kcal

Protein: 5.3 g

Fat: 14.2 g

Iron: 0.8 mg

Calcium: 22 mg

Soya Gram Vada

Ingredients

- | | | | |
|----|---------------------------------------|---|-------|
| 1. | Soyabeans | - | 50 g |
| 2. | Washed Black Gram Dal
(Urad dhuli) | - | 25g |
| 3. | Salt | - | ½ tsp |
| 4. | Haldi Powder | - | ¼ tsp |
| 5. | Oil | - | 20ml |
| 6. | Water | - | 50ml |



Method

- Soak black gram dal and soyabean separately overnight
- Remove skin from soyabean by rubbing with hands.
- Mix black gram dal, soyabean, haldi, and grind with water to a thick paste. Stir vigorously.
- Make vada shapes with the batter.
- Heat oil. Deep fry till golden brown.

Nutritional Value per 100 g of serving

Energy: 371 Kcal

Protein: 21.2 g

Fat: 23.2 g

Iron: 4.7 mg

Calcium: 120 mg

Spinach Pongal

Ingredients

1. Rice - 50 g
2. Roasted Green Gram dal - 25 g
3. Spinach - 50g
(Drumstick leaves or any other Green leafy veg may be substituted)
4. Salt - ½ tsp
5. Ghee - 10 g
6. Water - 225 ml



Method

- Soak rice and dal for 1 hour. Using the same water used for soaking, cook the rice and dal.
- Wash spinach leaves well. Chop and steam. Mash the leaves and sieve.
- Mix the sieve spinach soup with boiled rice and dal. Add ghee.
- Add salt to taste and mix thoroughly.

Nutritional Value per 100 g of serving

Energy: 129 Kcal

Protein: 3.7 g

Fat: 3.9 g

Iron: 0.7 mg

Calcium: 21 mg

Sprouted Pulse Kheer with Banana

Ingredients

1.	Green Gram	-	50 g
2.	Water	-	250 ml
3.	Milk	-	150 ml
4.	Ghee	-	20 g
5.	Sugar	-	25 g
6.	Banana	-	75 g



Method

- Sprout the green gram.
- Grind the sprouted moong to a coarse paste.
- Roast it in ghee on a slow fire for 5- 7 minutes.
- Add water to the paste and let it cook till it thickens and becomes tender.
- Then add milk to it. Thicken it to the desired kheer consistency.
- Add sugar and cook for 2 more minutes, then remove from fire.
- Peel and mash banana and add to the kheer when it is lukewarm.

Nutritional Value per 100 g of serving

Energy: 115 Kcal

Protein: 3.9 g

Fat: 3.9 g

Iron: 0.5 mg

Calcium: 9.3 mg

Upma

Ingredients

1.	Suji	-	40 g
2.	Oil	-	15 ml
3.	Tomatoes	-	20g
4.	Potato	-	10g
5.	Green Peas	-	10g
6.	Onion	-	20g
7.	Coriander leaves	-	A sprig
8.	Curry leaves	-	A sprig
9.	Carrot	-	10g
10.	Black gram dal (urad dhuli)	-	10 g
11.	Coriander powder	-	¼ tsp
12.	Mustard Seeds	-	½ tsp
13.	Water	-	80 ml



Method

- Soak black gram dal in water for 10 min.
- Wash and chop all the vegetables into small equal size pieces.
- Heat oil in a pan. Add mustard seeds, black gram dal and curry leaves. Let it splutter. Add onions and cook till golden brown.
- Cook till golden brown.
- Add vegetables and cook till soft.
- Add salt and coriander powder.
- Add suji and water.
- Cook till all the water is absorbed.

Nutritional Value per 100 g of serving

Energy: 164 Kcal

Protein: 3.4 g

Fat: 8.3 g

Iron: 0.5 mg

Calcium: 27 mg

Wheat Besan Burfi

Ingredients

1. Wheat Flour - 50 g
2. Besan - 50 g
3. Sugar - 30 g
4. Ghee - 20 g
5. Water - 50 ml



Method

- Dry roast wheat flour and besan separately till light brown.
- Mix wheat flour and besan flour.
- Heat ghee in kadhai. Roast wheat flour and besan till golden brown.
- In another pan, mix sugar and water. Bring it to a boil. Strain through a muslin cloth. Cook syrup to one thread consistency.
- Add syrup to wheat flour and besan mixture.
- Cook till the syrup is absorbed and a thick mix is formed.
- Spread on a plate and cut into pieces when set.

Nutritional Value per 100 g of serving

Energy: 398 Kcal

Protein: 9.9 g

Fat: 14.3 g

Iron: 1.8 mg

Calcium: 31 mg

Recipes
from
Western
India

Bada

Ingredients

- | | | |
|-------------------------------|---|----------|
| 1. Bajra flour | - | 15 g |
| 2. Moth flour | - | 20 g |
| 3. Rice flour | - | 15 g |
| 4. Salt | - | to taste |
| 5. Roasted cumin seeds powder | - | 1/4tsp |
| 6. Oil | - | 15 ml |
| 7. Water | - | 100 ml |



Method

- Mix salt with bajra flour, moth flour and rice flour.
- Make thick batter with water. Add salt and roasted cumin seeds.
- Roll into round balls. Make a hole in the centre using the finger. Fry it in oil on low flame.
- Take out the badas when golden from both the sides.
- Serve the bada with chutney.

Nutritional Value per 100 g of serving

Energy: 323 Kcal

Protein: 7.7 g

Fat: 16.7 g

Iron: 3.7 mg

Calcium: 50 mg

*For other name of Bajra refer to Annexure 2

Bajra Mathri

Ingredients

1. Bajra flour - 50 g
2. Moth flour - 20 g
3. Maida - 20 g
4. Ajjwain - 1 tsp
5. Salt - ½ tsp
6. Oil - 10 ml
7. Water - 45 ml



Method

- Mix the bajra flour, moth flour and maida. Sieve it.
- Add 5 gm oil, ajjwain, salt and water to the flour and knead into tough dough.
- Roll it into thick mathris.
- Pierce with knife or fork.
- Deep fry on low flame in hot oil.

Nutritional Value per 100 g of serving

Energy: 353 Kcal

Protein: 11 g

Fat: 11.2 g

Iron: 5.5 mg

Calcium: 57 mg

*For other name of Bajra refer to Annexure 2

Bajra and Potato Tikki

Ingredients

- | | | | |
|----|--------------|---|-------|
| 1. | Besan | - | 20 g |
| 2. | Bajra | - | 35 g |
| 3. | Potatoes | - | 100 g |
| 4. | Oil | - | 10 ml |
| 5. | Salt | - | 1 tsp |
| 6. | Cumin seeds | - | ¼ tsp |
| 7. | Chaat masala | - | ¼ tsp |

Method

- Clean and dry roast bajra.
- Grind roughly. Remove the husk.
- Boil, peel and mash potatoes.
- Mix all the ingredients and make dough.
- Divide into equal balls.
- Deep fry in hot oil till it turns golden brown.



Nutritional Value per 100 g of serving

Energy: 221 Kcal

Protein: 5.8 g

Fat: 7.9 g

Iron: 2.6 mg

Calcium: 22 mg

*For other name of Bajra refer to Annexure 2

Bajra Khichri

Ingredients

1. Bajra - 20 g
2. Moth - 10 g
3. Peanut - 10 g
(roasted)
4. Salt - ¼ tsp
5. Water - 150 ml



Method

- Soak moth for one hour. Sprinkle water over bajra and grind it coarsely. Remove the husk.
- Dry roast peanuts and remove the skin. Pound them coarsely.
- In a pan, boil water and add soaked moth and ground bajra.
- Add salt and stir well.
- Cook on low flame for 15-20 minute. Add crushed peanuts.

Nutritional Value per 100 g of serving

Energy: 162 Kcal

Protein: 7.3 g

Fat: 5.1 g

Iron: 2.8 mg

Calcium: 36 mg

Note: While making bajra khichri you could also add seasonal vegetables like peas, carrot, cauliflower, potato according to the availability. This enhances the nutrient content and taste of the khichri

Bajra Porridge

Ingredients

1. Bajra (broken) - 60 g
2. Milk - 100 ml
3. Jaggery - 20 g
4. Oil - 5 ml
5. Water - 100 ml



Method

- Roast bajra in oil till light brown and add water till soft.
- Add milk and cook for 5-10 minutes.
- Take off the fire, add jaggery.

Nutritional Value per 100 g of serving

Energy: 172 Kcal

Protein: 4.4 g

Fat: 5.1 g

Iron: 2.4 mg

Calcium: 225 mg

Bajra Puff Ladoo

Ingredients

1. Bajra flour - 20 g
2. Jaggery - 30 g
3. Besan - 10 g
4. Til seeds - 5 g
5. Water - 15 ml



Method:

- Melt the jaggery in pan using water.
- Add the bajra flour, besan and til in melted jaggery.
- Make ladoos while the mixture is warm.

Nutritional Value per 100 g of serving

Energy: 388 Kcal

Protein: 8.1 g

Fat: 5.7 g

Iron: 5.2 mg

Calcium: 169 mg

Bajra Shakarpare

Ingredients

1. Bajra flour - 60 g
2. Jaggery - 25g
3. Oil - 15 ml
4. Cardamom - 1
5. Milk - 10 ml

Method

- Mix jaggery in the milk.
- Add ground cardamoms, flour and prepare firm dough.
- Roll the dough to ½” thickness.
- Cut to the shape desired and prepare shakarpare.
- Fry in hot oil.



Nutritional Value per 100 g of serving

Energy: 390 Kcal

Protein: 7 g

Fat: 12.7 g

Iron: 46.3 mg

Calcium: 50.6 mg

Barfi

Ingredients

- | | | | |
|----|-------------|---|-------|
| 1. | Bajra flour | - | 50 g |
| 2. | Moth flour | - | 50 g |
| 3. | Jaggery | - | 50 g |
| 4. | Ghee | - | 20 g |
| 5. | Water | - | 20 ml |



Method

- Heat ghee in a pan and roast bajra flour and moth flour in hot ghee.
- Boil water and jaggery together to make syrup of 2 thread consistency.
- Mix both the flours in the syrup and cook it for some time.
- Spread the mixture on a greased plate.
- Cut into pieces when set.

Nutritional Value per 100 g of serving

Energy: 398 Kcal

Protein: 9.8 g

Fat: 12.7 g

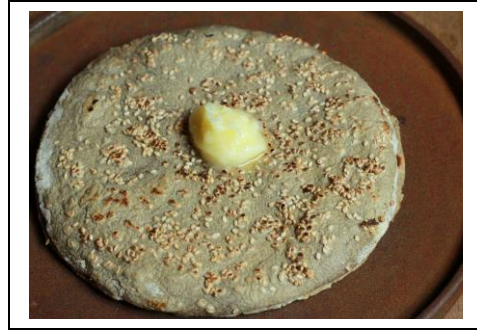
Iron: 5.9 mg

Calcium: 90 mg

Cheela

Ingredients

1.	Bajra flour	-	50 g
2.	Moth flour	-	40 g
3.	Onion	-	40 g
4.	Coriander leaves	-	A few leaves
5.	Ginger (chopped)	-	½ tsp
6.	Oil	-	20 ml
7.	Salt	-	½ tsp
8.	Water	-	300 ml



Method:

- Mix all the ingredients and add chopped onions, coriander and ginger.
- Add water and prepare a batter similar to pakoras (thick batter).
- Spread the batter in the shape of a cheela on a greased tava.
- Roast on both sides with oil.
- Serve with butter.

Nutritional Value per 100 g of serving

Energy: 144 Kcal

Protein: 4.9 g

Fat: 6.2 g

Iron: 2.4 mg

Calcium: 38 mg

Chirwa tikki

Ingredients

1.	Potato	-	100 g
2.	Rice flakes (chirwa)	-	30 g
3.	Peanuts	-	20 g
4.	Bathua leaves	-	20 g
5.	Salt	-	½ tsp
6.	Amchoor	-	¼ tsp
7.	Oil	-	10 ml



Methods

1. Boil, peel and mash potatoes.
2. Wash chirwa in running water and strain.
3. Roast peanuts and remove red skin and grind coarsely.
4. Clean, wash and finely chop bathua leaves.
5. Mix everything together. Add salt and amchoor to the mixture and mix well.
6. Shape it into tikkis and shallow fry them in a pan.

Nutritional Value per 100 g of serving

Energy: 205 Kcal

Protein: 4.8 g

Fat: 9.2 g

Iron: 3.9 mg

Calcium: 30.7 mg

Choorma

Ingredients

- | | | | |
|----|-------------|---|-------|
| 1. | Bajra flour | - | 50 g |
| 2. | Moth flour | - | 10 g |
| 3. | Ghee | - | 10 g |
| 4. | Jaggery | - | 25 g |
| 5. | Water | - | 20 ml |



Method

- Sieve the bajra and moth flour. Mix ghee.
- Add water and knead to stiff dough.
- Roll it into thick chapattis and roast it on a griddle.
- Crumble it finely.
- Add powdered jaggery to it and mix well.
- Shape into laddoos, if desired.

Nutritional Value per 100 g of serving

Energy: 420 Kcal
Protein: 8.7 g
Fat: 13.3 g
Iron: 6.6 mg
Calcium: 60.2 mg

Dalia Besan Vada

Ingredients

- | | | | |
|----|--------------|---|----------|
| 1. | Broken wheat | - | 30 g |
| 2. | Besan | - | 10 g |
| 3. | Onion | - | 20 g |
| 4. | Jeera | - | ¼ tsp |
| 5. | Oil | - | 15 ml |
| 6. | Salt | - | to taste |



Method

- Soak broken wheat in water overnight.
- Drain excess water, if any.
- Mix besan in soaked broken wheat and prepare thick batter
- Add chopped onion, jeera and salt. Mix thoroughly.
- Shape into small balls and deep fry in heated oil till light brown.

Nutritional Value per 100 g of serving

Energy: 373 Kcal
Protein: 7.7 g
Fat: 21.3 g
Iron: 2.9 mg
Calcium: 36.4 mg

Dal Puri

Ingredients

1. Wheat flour - 50 g
2. Masur dal - 15 g
3. Oil - 10 ml
4. Salt - ½ tsp
5. Cumin powder - ½ tsp
6. Water - 20 ml



Method

- Clean, wash and soak masur dal for 2-3 hours.
- Grind into a smooth paste. Add salt, cumin powder and mix well.
- Mix paste with the wheat flour. Knead into dough.
- Divide into equal portions.
- Roll out into puri and deep fry in hot oil till golden brown.

Nutritional Value per 100 g of serving

Energy: 389 kcal

Protein: 12.2 g

Fat: 13.6 g

Iron: 4.4 mg

Calcium 42 mg

Ghavan

Ingredients

- | | | | |
|----|-------------------|---|-------|
| 1. | Moong dal (dhuli) | - | 25 g |
| 2. | Urad dal (dhuli) | - | 25 g |
| 3. | Arhar dal | - | 25 g |
| 4. | Oil | - | 20 ml |
| 5. | Haldi | - | ¼ tsp |
| 6. | Salt | - | ½ tsp |



Method

- Soak moong dal, urad dal and arhar dal overnight in water.
- Grind moong dal, urad dal and arhar dal to a paste.
- Add salt and haldi. Mix well and prepare a batter, keep for 4 hours to ferment.
- Grease tawa, spread evenly.
- Cook till light brown.

Nutritional Value per 100 g of serving

Energy: 258 Kcal

Protein: 10.4 g

Fat: 12.3 g

Iron: 1.5 mg

Calcium: 44 mg

Gulgule

Ingredients

- | | | |
|----------------|---|--------|
| 1. Bajra flour | - | 50 g |
| 2. Moth flour | - | 50 g |
| 3. Jaggery | - | 100 g |
| 4. Til seeds | - | 10 g |
| 5. Cardamom | - | 2 |
| 6. Oil | - | 25 ml |
| 7. Water | - | 300 ml |



Method

- Combine the flours and add oil and til seeds.
- Prepare jaggery syrup.
- Add the syrup to the flour and prepare a thin batter.
- Heat oil for frying Put small portions of batter into the oil for frying using a spoon.
- Fry till golden brown on both sides.

Nutritional Value per 100 g of serving

Energy: 332 Kcal

Protein: 6.5 g

Fat: 10.7 g

Iron: 4 mg

Calcium: 114 mg

Halwa

Ingredients

1. Bajra flour - 50 g
2. Moth flour - 10 g
3. Sugar - 25 g
4. Ghee - 20 g
5. Water - 180 ml
6. Cardamom - 1



Method:

- Roast moth flour and bajra flour in ghee until golden brown.
- Add water to it.
- Once the water is absorbed add sugar and cook it for 5 minutes or till the halwa leaves the sides of the pan.
- Add powdered cardamom to halwa.

Nutritional Value per 100 g of serving

Energy: 193 Kcal

Protein: 3.2 g

Fat: 8.9 g

Iron: 1.9 mg

Calcium: 16 mg

Jowar Laddoo

Ingredients

1.	Jowar	-	50 g
2.	Besan	-	25 g
3.	Ghee	-	15g
4.	Sugar	-	50 g



Method

- Roast jowar and grind into fine powder.
- Heat ghee in kadhai and roast jowar for 10 minutes.
- Remove from fire.
- Add powdered sugar.
- Shape into laddoos when warm.

Nutritional Value per 100 g of serving

Energy: 430 Kcal

Protein: 7.4 gm

Fat: 12.3 g

Iron: 2.3 mg

Calcium: 19 mg

Laddoo

Ingredients

1. Bajra flour - 50 g
2. Moth flour - 20 g
3. Jaggery - 40 g
4. Ghee - 25 g



Method

1. Roast bajra and moth flour in ghee till golden brown.
2. Add crushed jaggery to roasted flour.
3. Remove from the flame and make round laddoos when warm.

Nutritional Value per 100 g of serving

Energy: 462 Kcal

Protein: 7.4 g

Fat: 19.8 g

Iron: 4.9 mg

Calcium: 66 mg

Paushtik Halwa

Ingredients

- | | | | |
|----|-------------------------------------|---|--------|
| 1. | Soyabean | - | 50 g |
| 2. | Washed Green gram Dal (Moong dhuli) | - | 25 g |
| 3. | Grated Coconut (dry) | - | 20 g |
| 4. | Oil | - | 30 ml |
| 5. | Sugar | - | 75 g |
| 6. | Water | - | 250 ml |



Method

- Soak soyabean and green gram dal separately.
- Remove soyabean skin by rubbing with hands.
- Mix green gram dal and soyabean.
- Grind to paste.
- Heat oil. Add dal and soyabean paste.
- Cook till golden brown.
- Add water, sugar, coconut and cook till oil separates.

Nutritional Value per 100 g of serving

Energy: 236 Kcal

Protein: 6.8 g

Fat: 12.4 g

Iron: 1.8 mg

Calcium: 51 mg

Peanut and Til Laddoo

Ingredients

- | | | |
|---------------------|---|-------|
| 1. Peanut (roasted) | - | 50 g |
| 2. Til seeds | - | 25 g |
| 3. Jaggery | - | 75 g |
| 4. Oil | - | 5 ml |
| 5. Water | - | 40 ml |



Method

- Roast til and peanuts separately.
- Remove skin from peanut kernels and grind it finely.
- Mix jaggery and water, bring it to boil and filter through muslin cloth.
- Cook till one thread consistency.
- Add til and peanuts to syrup. Mix thoroughly and remove from fire.
- Grease palms and prepare small laddoos when warm.

Nutritional Value per 100 g of serving

Energy: 409 Kcal

Protein: 11.5 g

Fat: 22.7 g

Iron: 3.7 mg

Calcium: 296 mg

Peanut Green Gram Laddoo

Ingredients

1.	Green gram dal washed (moong dhuli)	-	50 g
2.	Peanut (roasted)	-	50 g
3.	Oil	-	30 ml
4.	Sugar	-	50 g



Method

- Roast peanuts seeds till light brown.
- Remove skin and grind.
- Roast green gram dal and grind into powder.
- Heat oil in a pan. Add peanut and green gram powder.
- Cook for 10 minutes. Remove from fire.
- Add powdered sugar and mix.
- Grease your palms and prepare small laddoos when warm.

Nutritional Value per 100 g of serving

Energy: 438 Kcal

Protein: 14 g

Fat: 28.1 g

Iron: 1.9 mg

Calcium: 42 mg

Poha

Ingredients

1. Rice flakes(Poha) - 100 g
2. Peanuts (roasted) - 25 g
3. Onion - 25 g
4. Oil - 20 ml
5. Mustard seeds - ½ tsp
6. Curry leaves - A sprig
7. Salt - ½ tsp
8. Turmeric - ¼ tsp



Method of Preparation:

- Clean rice flakes.
- Put rice flakes in a strainer and keep it under running water for a minute to get soaked. Drain well. Keep aside.
- Heat oil in a kadhai.
- Add mustard seeds, chopped onion and curry leaves and fry till light brown
- Add rice flakes, salt, turmeric and mix thoroughly. Add roasted peanuts when done.

Nutritional Value per 100 g of serving

Energy: 369 Kcal

Protein: 8.4 g

Fat: 13.2 g

Iron: 13.1 mg

Calcium: 32 mg

Spinach peanut Namakpara

Ingredients

1. Wheat flour - 50 g
(whole)
2. Spinach - 75 g
3. Peanuts - 10 g
4. Oil - 15 ml
5. Salt - ½ tsp
6. Ajwain - 1/8 tsp
7. Water - 10 ml



Method

- Dry roast peanuts on tawa, remove skin and grind coarsely.
- Wash and chop the spinach. Add water in pan. Add spinach. Continue cooking till water is completely absorbed. Grind the cooked spinach to a paste.
- Sieve atta, add seasonings and add 2 tsp of water.
- Add ground peanuts and mix well.
- Roll the dough and cut into namakparas in diamond shape.
- Heat oil in karahi and fry namakparas on slow heat till golden brown.

Nutritional Value per 100 g of serving

Energy: 382 Kcal

Protein: 10.2 g

Fat: 20.3 g

Iron: 3.6 mg

Calcium: 86.5 mg

Soya Bonda

Ingredients

1.	Soyabean	-	50 g
2.	Bengal gram flour (besan)	-	25 g
3.	Potatoes	-	50 g
4.	Onion	-	10 g
5.	Coriander leaves	-	A sprig
6.	Oil	-	30 ml
7.	Haldi	-	¼ tsp
8.	Salt	-	½ tsp
9.	Water	-	25 ml
10.	Mustard seeds	-	¼ tsp



Method

- Boil potatoes in water till tender. Remove skin and mash.
- Soak soyabean overnight. Remove skin, and grind to a paste.
- Mix mashed potatoes, soya paste, salt and coriander leaves.
- Heat 10 ml oil. Add mustard seeds and onion. Fry till light brown.
- Add potatoes soya mixture. Cook for 5 minutes.
- Mix water and bengal gram flour, stir vigorously to get smooth batter. Add salt.
- Take small portions of soy potato mixture. Form balls and dip in batter.
- Deep fry till golden brown.

Nutritional Value per 100 g of serving

Energy: 361 Kcal

Protein: 15.8 g

Fat: 23.5 g

Iron: 3.8 mg

Calcium: 82 mg

Sweet chana dal roti

Ingredients

1.	Wheat flour	-	100 g
2.	Chana dal	-	40 g
3.	Jaggery	-	60 g
4.	Ghee	-	15 g
5.	Water	-	120 ml



Method:

1. Pick, clean and wash the dal. Cook dal in some water till tender and dry.
2. Make soft dough of wheat flour using water. Keep it covered for half an hour.
3. Mash the dal.
4. Grind jaggery into powder and mix with dal.
5. Divide dough into 4 balls. Roll out each ball of dough and use 1 part of dal to stuff it.
6. Roll each into thick roti.
7. Cook the roti on both sides on tawa and when done smear 1 tsp of ghee onto it.

Nutritional Value per 100 g of serving

Energy: 285 Kcal

Protein: 6.9 g

Fat: 6.3 g

Iron: 1.5 mg

Calcium: 42.6 mg

Sweet Besan rounds

Ingredients

- | | | | |
|----|------------------------|---|-------|
| 1. | Carrot | - | 50 g |
| 2. | Besan | - | 30 g |
| 3. | Wheat flour
(whole) | - | 60 g |
| 4. | Jaggery | - | 70 g |
| 5. | Oil | - | 5 ml |
| 6. | Water | - | 30 ml |



Method

1. Mix jaggery with water. Prepare syrup.
2. Mix besan, wheat flour and grated carrots and syrup and knead to make soft dough.
3. Roll out the dough and cut into small rounds with a katori.
4. Cook using tawa on a low flame with little oil.

Nutritional Value per 100 g of serving

Energy: 327 Kcal

Protein: 7.05 g

Fat: 4 g

Iron: 8.95 mg

Calcium: 52.5 mg

Soya Stuffed Parantha

Ingredients

- | | | | |
|----|---------------------|---|-------|
| 1. | Wheat Flour (Whole) | - | 100 g |
| 2. | Soyabean | - | 50 g |
| 3. | Oil | - | 20 ml |
| 4. | Salt | - | ½ tsp |
| 5. | Haldi | - | ¼ tsp |
| 6. | Jeera | - | ¼ tsp |
| 7. | Water | - | 50 ml |



Method

- Soak soyabean overnight. Remove skin by rubbing with hands.
- Roast soyabean till light brown. Roast jeera till light brown separately.
- Mix soyabeans, jeera, salt, haldi and grind to a paste.
- Mix wheat flour and water. Knead well to make soft dough.
- Take a small portion. Form into a ball. Flatten with palm. Stuff soya mixture.
- Roll in to a chapati.
- Cook on hot tawa by applying oil.

Nutritional Value per 100 g of serving

Energy: 388 Kcal

Protein: 17.7 g

Fat: 16.5 g

Iron: 5.3 mg

Calcium: 88 mg

Wheat Lapsi

Ingredients

- | | | |
|---------------------------------|---|--------|
| 1. Coarse broken wheat (daliya) | - | 100 g |
| 2. Jaggery | - | 100 g |
| 3. Ghee | - | 20 g |
| 4. Peanuts | - | 10 g |
| 5. Finely chopped coconut | - | 20 g |
| 6. Water | - | 300 ml |



Method

- Dry roast daliya in kadai.
- Dry roast peanuts and remove their skin. Crush it coarsely.
- Break jaggery into small pieces.
- Add jaggery, coconut and water to daliya and cook.
- Add roasted peanuts to it.

Nutritional Value per 100 g of serving

Energy: 220 Kcal
Protein: 3.24 g
Fat: 7.6 g
Iron: 1.9 mg
Calcium: 41.7 mg

Annexure 1

Method of preparation of Malted Flour

- Take Mandua / Ragi grains, pick and clean the grains.
- Wash and soak them in water for 12 hrs at room temperature.
- Hand them in muslin cloth and let them germinate.
- Once they are germinated dry them in the sunlight.
- Rub by hands to remove the germinated part from the grain.
- Roast the grains as well as the germinated part in a kadhai on low flame.
- Grind them to make flour.
- Sieve the flour and it is ready to be used for the dish.

Method of Preparation of Multigrain Flour

- Mandua / Ragi Malted Flour (1/3 cup) + Roasted Soyabean Flour (1 ½ Big Spoon) + Malted Wheat Flour (1 ½ Big Spoon)
Or
- Mandua / Ragi Malted Flour (1/3 cup) + Malted Wheat Flour (2 teaspoon) + Roasted Soyabean Flour (1 ½ Big Spoon) + fate free milk powder (2 teaspoon)

Annexure 2

Common Names of Millets

Crop Name: *Sorghum bicolor*

Great Millet/Sorghum, Jowar, Jowari, Juar, Jola,
Jowari, Jondhala, Juara, Cholan, Jonna, Great millet,
Guinea Corn, Kafir Corn, Aura, Mtama. Kaoliang,
Milo, Milo-maize



Crop Name: *Pennisetum glaucum*



Spiked Millet/ Pearl Millet, Bajra, Sajje, Bajri,
Kambu, Sajja, Pearl Millet, Cumbu, Spiked
millet, Bulrush Millet, Candle Millet, Dark
Millet

Crop Name: *Eleusine coracana*

Finger Millet, Marwa, Nagli, Bavto, Ragi, Mandika,
Marwah, Ragi, Nagli, Nachni, Mandia, Mandhuka,
Mandhal, Keppai, Ragi, Kelvaragu, Ragi Chodi,
Mandua



Crop Name: *Setaria italic*



Kaon, Kang, Kakum, Navane, Kang, Rala, Kanghu,
Kangam, Kora, Kangni, Tenai, Korra , Foxtail Millet,
Italian Millet, German Millet, Hungarian Millet,
Siberian Millet

Crop Name: *Panicum miliaceum*

Cheena, Cheno, Chena; Barri, Baragu, Vari,
China Bachari Bagmu, Cheena, Pani Varagu, Variga,
Proso Millet, Common Millet, Hog Millet,
Broom-Corn Millet, Russian Millet, Brown Corn



Crop Name: *Panicum sumatrense*



Little millet, Sama, Gajro; Kuri, Kutki, Shavan, Same, Save,
Sava, Halvi, vari, Suan, Swank, Samai, Samalu

Crop Name: *Echinochloa crus-galli*

Shyama, Sanwa, Oodalu, Khira, Swank, Kuthiraivolly,
Udalu, Kodisama, Barnyard millet, Sawa Millet,
Japanese Barnyard Millet



Crop Name: *Paspalum scrobiculatum*



Kodo, Kodra, Kodon, Harka, Kodra, Kodua, Kodra,
Varagu, Arikelu

Annexure 3

Terms used in Cooking

1. **Batter:** It is mixture of pouring consistency made from flour, water or any other liquid and certain seasonings, if required, for example, the mixture made for the preparation of pancakes, cakes, pakoras etc.
2. **Boil:** To cook the food in boiling water.
3. **Consistency:** Thickness or texture of a mixture.
4. **Chop-** To cut into pieces.
5. **Dough:** A mixture of flour and liquid which is of rolling consistency.
6. **Grind:** To reduce to fine particles by crushing.
7. **Grate:** To shape into small shreds using the grater.
8. **Knead:** To work a dough lightly by bringing the outside of the dough into the centre , using the knuckles of hand.
9. **Frying-** To cook in hot fat. It may be deep or shallow frying.
10. **Parboil:** To boil until partially cooked usually in preparation for further cooking or processing.
11. **Saute:** Food is tossed in small quantity of hot fat over a low heat until the fat is absorbed or else food is tossed in a frying pan over a brisk heat e.g., onion.

Annexure 4

Weights and Measurements

1 Tsp (teaspoon) = 5 ml

1 Tbsp (tablespoon) = 15 ml