



स्वास्थ्य एवं
परिवार कल्याण मंत्रालय
MINISTRY OF HEALTH AND
FAMILY WELFARE

एफएसएसएआई
fssai



SHREE ANNA (MILLETS) RECIPES

A Healthy Menu for Mess/Canteens







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 **Eat Right
India**
सही भोजन. बेहतर जीवन.



Message

Millet grains (Shree Anna) are a future food, have great benefits as a drought-resistant crop, yield good productivity in areas with water scarcity, possess remarkable edible & nutritive values, and have ease of processing & food manufacturing. As Hon'ble Prime Minister Narendra Modi Ji said, "Shree Anna- a door to prosperity for the small farmers of the country, Shree Anna - the cornerstone of nutrition for crores of countrymen, Shree Anna - felicitation of Adivasi Community, Shree Anna- getting more crops for less water, Shree Anna - a big foundation for chemical-free farming., Shree Anna - a huge help in fighting climate change."

Over the years notwithstanding the wide range of benefits that millets provide, they have largely been missing from the staple crops due to inadequate knowledge of their benefits compounded by changing dietary habits. In recent years, a lot of efforts have been taken by the government, and non-government organizations to promote millet as an important dietary choice, especially to ensure food security for all. In this context, it is significant to note that the proposal of the Government of India to the United Nations for declaring 2023 as the International Year of Millets was supported by 72 countries. Aligning with India's G20 Presidency theme of 'One Earth, One Family, One Future', Shree Anna aims to address the challenge of gaps in the global value chain and crop productivity due to climate change. We aim to build a sustainable environment for growth.

Millets are also rich sources of micronutrients and play an important role in the body's immune system. Millets have nutraceutical properties in the form of antioxidants which prevent deterioration of human health such as lowering blood pressure, risk of heart disease, prevention of cancer and cardiovascular diseases, diabetes etc.

The recipe book "Millet Recipes - A Healthy Menu for Canteens" developed by FSSAI is a compilation of healthy menu options which could be integrated into canteens/mess of various public and private organisations such as schools, colleges, offices etc. All the recipes are nutritionally rich and proved to be beneficial for all age groups.

I congratulate FSSAI for bringing out this publication for the creation of demand for millets. This book is expected to serve as a one-stop solution for millet-based recipes for all the canteens/mess and other stakeholders.

Dr Mansukh Mandaviya

Union Minister of Health and Family Welfare



Message

Millets are an important source of nutrition and have been a staple food for millions of people in India, including tribal population, for centuries. However, with the advent of modernisation and urbanisation, their use has declined, and people have shifted to more refined and processed foods.

We all must be grateful to our Hon'ble Prime Minister, Shri Narendra Modi ji, for his initiative in declaring the year 2023 as the International Year of Millets by the United Nations. Under his guidance, millets have earned the name "श्री अन्न". These have led to increased use of millets by the people of our country. I believe that it is our responsibility to encourage the consumption of healthy and nutritious food. Further, and I am sure, under the guidance of our honourable Minister of Health and Family Welfare, we will make considerable progress in this regard.

The effect of promoting of millets is two pronged. While on the one hand, it will help in increasing the income of our farmers, it will help the users in improving their health.

I am pleased to introduce this millet recipe book prepared by the FSSAI with the aim of promoting the use of millets in our daily diets. This book is a timely contribution to the promotion of millets as a sustainable and healthy food option. Millets are rich in fibre, protein and essential nutrients and their consumption can help in the prevention of several chronic diseases. This recipe book is a step towards achieving the goal of promoting use of millets in the daily food intake. It contains a wide range of recipes from the different regions of India, including North, South, East and West. The recipes are suitable for breakfast, lunch, dinner and snacks which can easily be prepared at home.

I congratulate the team that has worked on this book, and I hope that it will inspire people to include millets in their diets.

Prof S P Singh Baghel

Minister of State for Health and Family Welfare



Message

Millets are an important source of nutrition and have been a staple food for millions of people in India for centuries. Millets are rich in fibre, protein, and essential nutrients, and their consumption can help in the prevention of several chronic diseases.

This year has been declared as the International Year of Millets by the United Nations, and this book is a timely contribution to the promotion of millets as a sustainable and healthy food option. As envisioned by our Hon'ble Prime Minister Shri Narendra Modi ji, Millets are now known as 'Shree Anna' and it's not confined to just food or agriculture, Shree Anna is now becoming a medium of complete development in India. I believe that it is our responsibility to encourage the consumption of healthy and nutritious foods.

It is a matter of great pleasure that Millet Recipe Book is being introduced. This book has been prepared with the aim of promoting the use of millets in our daily diets. It contains a wide range of recipes from the different regions of India, including North, South, East and West.

I commend the efforts of the team that has worked on this book, and I hope that it will inspire people to include millets in their diets and lead a healthy and fulfilling life.

Dr. Bharti Pravin Pawar

Minister of State for Health and Family Welfare



Foreword

“Shree Anna” Millets Recipe Book, titled “Millets (Shree Anna) Recipes – A Healthy Menu for Canteen/Messes” is a step towards improving the health and well-being of the citizens of our Country. It has been developed by FSSAI to provide comprehensive compilation of healthy menu options that can be easily integrated into Canteens and Mess of various public and private organisations, such as schools, colleges, offices, etc.

The Millet Recipe Book emphasizes the nutritional benefits of millets, which are traditionally grown for their nutritional richness, low water requirement, low input requirement, and climate resilience. These superfoods are rich sources of nutrients such as carbohydrates, protein, dietary fiber, good-quality fat, and a substantially high amount of minerals like calcium, potassium, magnesium, iron, manganese, zinc, and vitamin B complex. Millets are also naturally gluten-free, making them an excellent choice for people suffering from some ailments.

We hope that the Millet Recipe Book will encourage the use of millets in Canteens and Mess, leading to improved health and reduced malnutrition among children and adults. This recipe book provides an opportunity to explore the rich food diversity and traditional culinary practices of our Country while promoting healthy eating habits. Let us embrace millets as a healthy and nutritious food option and make them a part of our daily diet.

A handwritten signature in black ink, consisting of a large, stylized 'R' followed by a smaller 'B' and a horizontal line.

Rajesh Bhushan, IAS
Secretary, MoHFW

NUTRI-CEREALS AT A GLANCE...



PEARL MILLET
बाजरा



LITTLE MILLET
मोरैयो / कुटकी



KODO MILLET
केद्रव / कोदो



FINGER MILLET
रागी



TEFF MILLET
टेफ



SORGHUM
ज्वार



PROSO MILLET
चेना / बेरी



AMARANTH
राजगिरा



BARNYARD MILLET
साँवा



FOXTAIL MILLET
कंगनी / टांगुन



BROWNTOP MILLET
मकरा / मुरात



BUCKWHEAT
कुदरू

Millet Recipes

“A Healthy Menu for Canteens”

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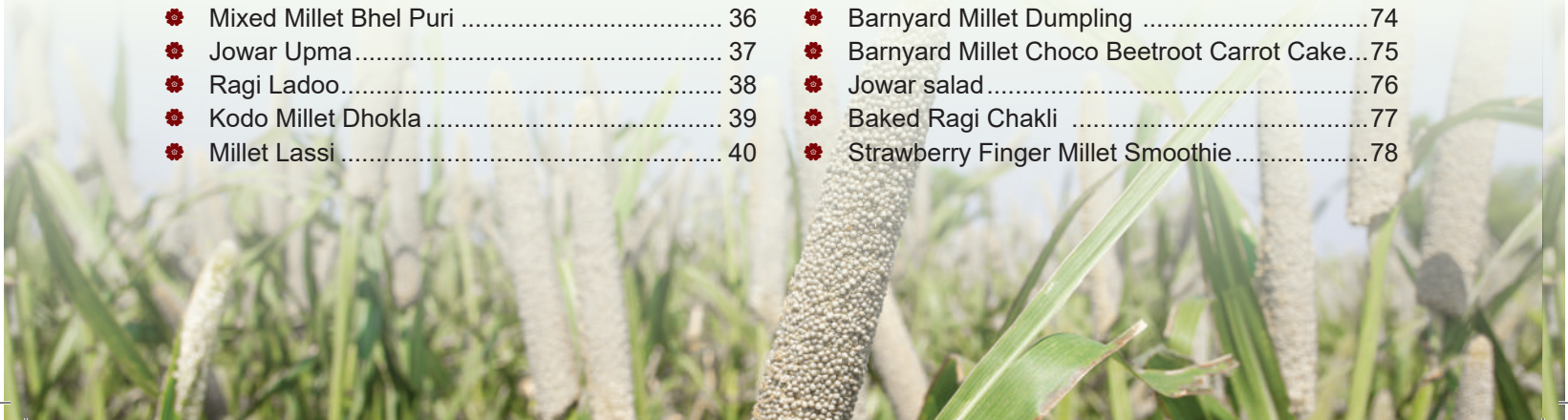
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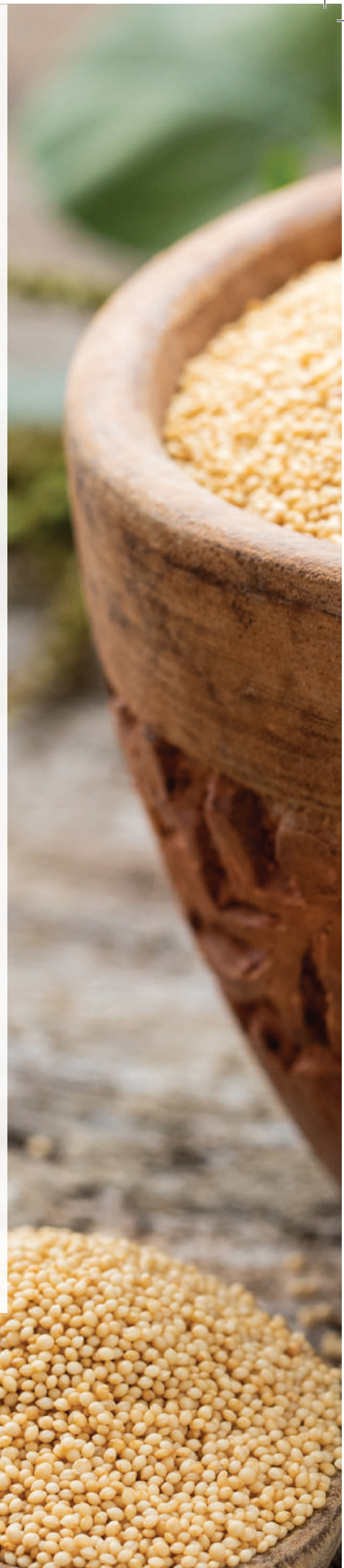


About the Book

Millets (Shree Anna) are group of small grained cereal food crops which are highly nutritious and are grown under marginal/low fertile soils with very low inputs such as fertilizers and pesticides. Millets are one of the oldest foods known to humans. These are adaptable to a wide range of temperatures, moisture regimes and input conditions. The United Nations General Assembly has declared the year 2023 as the International Year of Millets, following a proposal by India. India is at the forefront of popularising Millets, which provides good nutrition, food security and welfare of farmers". India is the largest producer and second largest exporter of 'Shree Anna' in the world. The major millets include sorghum (jowar) and pearl millet (bajra). The finger millet (ragi/mandua), foxtail millet (kangni/Italian millet), little millet (kutki), kodo millet, barnyard millet (sawan/jhangora), proso millet (cheena/common millet), and brown top millet (korale) are categorized under minor millets. Millets possess unique nutritional characteristics specifically have complex carbohydrates, rich in dietary fibre as well as unique in phenolic compounds and phytochemicals having medicinal properties. Millets are natural source of iron, zinc, calcium and other nutrients that are essential for curbing the problem of malnutrition in India. They have higher content of niacin, B6 and folic acid, and calcium, iron, potassium, magnesium and zinc.

In today's fast - paced environment, a large number of working professionals and students are spending the majority of their time at the workplace or college campus. Most people eat at least one meal in these campus settings, if not more. While some individuals bring packed lunches from home or use home - based services like the dabba - system others use catering and food delivery services. Many people also visit restaurants, cafes and food vendors in or near the campus area. To promote and create awareness about millets it is important that millet - based options are available in the campuses as well. With growing awareness about millets, people are reviving traditional recipes once again. Also, millets are versatile and can be used in several ways.

In this book an attempt has been made to provide region specific seven - day millet options for breakfast, lunch, dinner and snacks which could be adopted in the campuses as new millet - based menu alongside its old menu. The nutritive value is calculated using NSR - NutriCal according to NVIF (1989), IFCT (2017), USDA (2017). The calculations provide an estimate and are not exact. The value may vary depending on individual portions and variety of food products available in different regions. We hope this book will provide millet - based recipe options for canteens/ mess of various establishments which can be incorporated in the menus.









North Region Millet Menu

Pearl Millet



BREAKFAST

BREAKFAST 1: RAMDANA RAINBOW SALAD



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 362 kcal |
| Protein | 11.3 g |
| Carbohydrates | 40 g |
| Fat | 18 g |
| Fiber | 8.5 g |

Preparation time - 30 mins
Cooking time - 10 mins
Serving Size - 4

Ingredients

- Ramdana/amaranth - 1 cup
- Shredded red cabbage - 1 cup
- Apple - ½ cup
- Pineapple - ½ cup
- Red & green capsicum - ½ cup
- Spring onion - ½ cup
- Mixed nuts (optional) - ¼ Cup
- Oregano - 1 Tbsp
- Lemon juice - 1 Tbsp
- Black pepper - 1 Tbsp
- Sesames/peanut oil - 1 Tbsp
- Salt to taste

Instructions

- Boil the ramdana seeds with 3 cups of water for 8 - 10 minutes till they fluff up.
- In a pan sauté all the remaining ingredients for 5 minutes then cover & cook for another 5 - 6 mins, stirring occasionally.
- Now add the boiled ramdana and mix well.
- Serve immediately.



BREAKFAST

BREAKFAST 2: RAMDANA POHA



Preparation time - 20 mins
Cooking time - 15 mins
Serving Size - 2

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 300 kcal |
| Protein | 15 g |
| Carbohydrates | 45 g |
| Fat | 6 g |
| Fiber | 10 g |

Ingredients

- Puffed ramdana - 2 cups
- Boiled mixed vegetables like carrot beans peas - 1 cup
- Sprouts (green moong, kala chana, etc) - 1 cup
- Peanuts - 1 Tbsp
- Bhel or any namkeen mixture - 1 Tbsp
- Chopped onions - 1 Tbsp
- Chopped - 1 tomato
- Coriander leaves chopped - 1 Tbsp
- Rai seeds - ½ Tbsp
- Jira - ½ Tbsp
- Dhania powder - ½ Tbsp
- Chaat masala - 1 Tbsp
- Lemon juice - 1 Tbsp
- Green chilli chopped - 1 Tbsp
- Oil - 1 Tbsp
- Salt to taste

Instructions:

- In a pan heat oil, add rai seeds
- Once it sputters, add jira, dhania powder, onion, chopped tomato. Sauté for a few minutes, then add the chopped vegetables + sprouts.
- Cook for 5 - 6 mins. Now add all the remaining ingredients and cook.
- After removing from heat sprinkle the lemon juice and coriander leaves and garnish with add salt to taste.



BREAKFAST

BREAKFAST 3: BAJRA CHEELA



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 282 kcal |
| Protein | 9.5 g |
| Carbohydrates | 45 g |
| Fat | 6.5 g |
| Fiber | 9 g |

Cooking time - 10 mins
Preparation time - 15 mins
Serving Size - 4

Ingredients :

- Pearl Millet flour - 250g
- Besan - 50g
- Onion (chopped) - 1
- Carrot (grated) - 1
- Green Chillies - 2, finely chopped
- Coriander (Dhania) Leaves - few, finely chopped
- Red chilli powder - 1 Tbsp
- Coriander powder - 1 Tbsp
- Salt as per taste
- Oil - 2 Tbsp

Instructions:

- Take pearl millet flour and besan in a mixing bowl
- Add onion, carrot, chillies, spices and salt
- Add water and whisk well to a smooth flowing consistency of the batter
- Preheat a skillet on medium heat and grease the skillet. Pour a ladleful of batter on the skillet and spread it in circular motion inside out to make a thin cheela/ crepe.
- Drizzle a teaspoon of ghee or oil around the sides and inside and cook till it turns golden brown on both the sides. Once done, remove from the pan and serve. Proceed the same way with the remaining cheela batter.
- Serve the Bajra Cheela hot.



BREAKFAST

BREAKFAST 4: METHI STUFFED SINGHARA ROTI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 289 kcal |
| Protein | 12.5 g |
| Carbohydrates | 24 g |
| Fat | 18 g |
| Fiber | 7 g |

Preparation time - 15 mins
Cooking time - 10 mins
Serving Size - 2

Ingredients

For Roti

- Singhara flour - 1 cup
- Methi leaves - 1 cup, chopped
- Potato - 1 cup boiled and mashed
- Jeera powder - 1 Tbsp
- Green chilli - 1 Tbsp
- Salt - as per taste
- Oil - 1 Tbsp

For Dip

- Pumpkin seeds - 1/2 cup finely chopped or powdered
- Curd - 1 cup
- Jeera - 1/2 Tbsp
- Salt to taste

Instruction

- For the roti combine all the ingredients to make soft dough.
- Now take a small roti, smear ghee/butter once the roti is done on one side.
- Serve hot with chutney of choice.



BREAKFAST

BREAKFAST 5: PEARL MILLET ONION MUTHIAS



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 225 kcal |
| Protein | 6.5 g |
| Carbohydrates | 36.5 g |
| Fat | 5.5 g |
| Fiber | 7.5 g |

Preparation time - 15 mins
Cooking time - 15 mins
Serving Size - 2

Ingredients:

- Pearl millet - 1 cup,
- Onion - 1 chopped,
- Turmeric powder - ¼ Tbsp,
- Chilli powder - ¼ Tbsp,
- Coriander powder - ¼ Tbsp,
- Cumin seeds - ¼ Tbsp,
- Ginger - green chilli paste - 1 Tbsp,
- Baking soda - ¼ Tbsp,
- Salt and oil - as required.

Instruction:

- Combine all ingredients and mix well and knead into a semi - soft dough.
- Apply a little oil and shape into cylindrical and cut into slices.
- Heat the remaining oil in a non - stick pan and add the mustard seeds.
- Shallow fry the pieces in oil and season with cumin seeds.
- Serve hot garnished with coriander.



BREAKFAST

BREAKFAST 6: AKTORI/HIMACHALI MILLET PANCAKE



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 302 kcal |
| Protein | 6.3 g |
| Carbohydrates | 49 g |
| Fat | 9.5 g |
| Fiber | 4.5 g |

Preparation time - 10 mins
Cooking time - 10 mins
Serving size - 4

Ingredients:

- Buckwheat flour - 1 cup
- Whole Wheat Flour - 1 cup
- Milk - 1/2 cup
- Water - 1/2 cup
- Sugar - 4 Tbsp
- Baking powder - 1 Tbsp
- Oil - 2 Tbsp

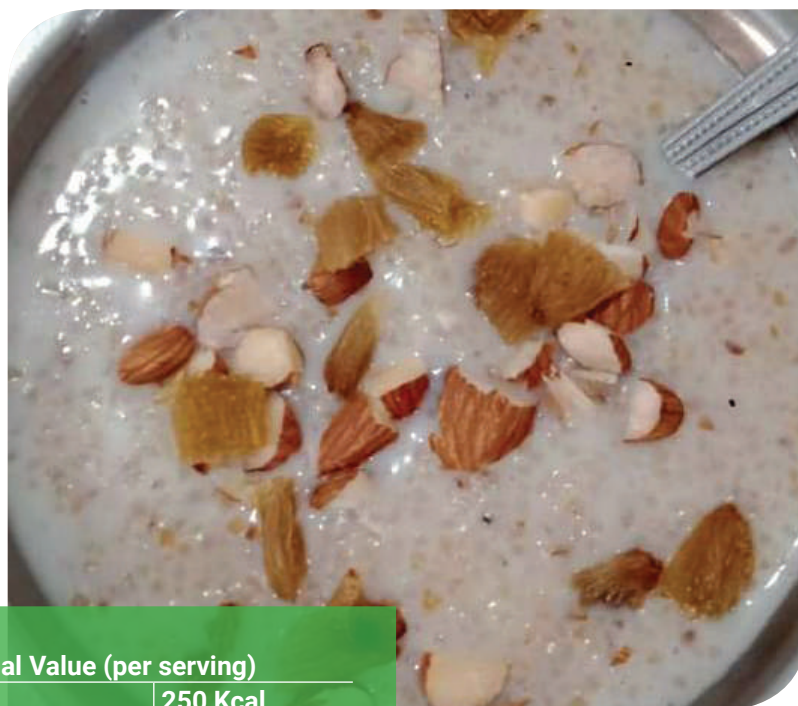
Instructions:

- In a large mixing bowl add 1 cup whole wheat flour (atta), 1 cup buckwheat flour, 4 Tbsp sugar, 1 Tbsp baking powder and mix the dry ingredients together.
- To the dry ingredients, add ½ cup milk and ½ cup water and mix to make a thick pouring batter.
- Preheat a pan on low heat and grease the tawa with a little oil. Ladle some batter onto the pan and spread it to make a thick pancake.
- Cook on low till bubbles appear on the surface. Flip it over and cook on the other side. When both sides are golden brown the aktori is ready.



BREAKFAST

BREAKFAST 7: MILLET DALIA



Nutritional Value (per serving)

| | |
|---------|----------|
| Energy | 250 Kcal |
| CHO | 40g |
| Protein | 8.5 g |
| Fat | 5g |
| Fibre | 5 g |

Preparation time - 10 mins
Cooking time - 20 mins
Serving size - 2

Ingredients:

- Proso Millet - ½ Cup
- Water - 1½ - 2½ Cup
- Milk - 1 Cup
- Sweetener of your choice - 2 Tbsp
- Cardamom Powder or Cinnamon Powder - ¼ Tbsp
- Nuts & Fruits of your choice (optional)

Instructions:

- Lightly toast millet in a cooking pot. It will begin to turn goldenish and some grains will give a pop sound.
- Remove on a plate and set aside to cool a little.
- Coarsely grind half the amount of millet.
- In a pressure cooker take one and a half cups to two cups of water and bring the water to a boil along with the millet. Then place the lid in lock position, reduce the heat and pressure cook on low flame for approximately four minutes. Switch off the heat and do not release the pressure. Allow the pressure to get released on its own. Remove the cover.
- Add the milk to the millet and cook till the millet turns creamy and is thoroughly cooked. Switch off the heat.
- Stir in the sweetener of your choice along with the aromatics of your choice i.e. cardamom or cinnamon.



LUNCH

LUNCH 1: NAWABI KHICHDI



Preparation time - 30 mins
Cooking time - 20 mins
Serving size - 2

Ingredients

- Jowar - 30g
- Toor Dal - 20g
- Onions chopped - 10g
- Tomatoes chopped - 10g
- Cumin seeds - 2g
- Ginger garlic paste - 5g
- Chillies chopped - 3g
- Red dried chillies - 2g
- Mint chopped - 5g
- Black salt - 2g
- Black cardamom - 3g
- Water - 100 ml
- Coriander leaves - 5g
- Oil - 10ml

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 287 kcal |
| Protein | 8.67 g |
| Carbohydrates | 36.23 g |
| Fat | 11.51 g |
| Fibre | 7.53 g |

Instructions:

- Soak jowar and daal for 30 mins.
- Boil the soaked millet and dal in a pressure cooker until mashy.
- For Tempering heat oil in a pan add all the khada/ whole masalas and saute well.
- Add onions and tomatoes and saute well .
- Add the boiled jowar and daal .
- Garnish it with coriander leaves, mint leaves and serve hot.



LUNCH

LUNCH 2: KASHMIRI MILLET PULAO



Preparation time - 5 mins
Cooking time - 20 mins
Serving size - 2

Ingredients:

- Little Millet - 1/2 Cup
- Saffron Strands - 10 - 15
- Warm Milk - 1/4 Cup
- Water - 1/2 Cup
- Each of Chopped (Almonds, Cashews) - 4 Tbsp
- Ghee - 2 Tbsp
- Roasted Onions - 2 Tbsp
- Fennel Seeds - 1/2 Tbsp
- Kashmiri Chilli Powder - 1/2 Tbsp
- Grated Ginger - 1/2 Tbsp
- Salt - 1/3 Tbsp
- Raisins - 12
- Cardamom Crushed - 1 Big
- Cardamom - 2 Small
- Cinnamon Stick - 1"
- Star Anise - 1

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 532 kcal |
| Protein | 9.5 g |
| Carbohydrates | 20.5 g |
| Fat | 47 g |
| Fiber | 7 g |

Instructions:

- Wash and soak Millet for 30 minutes. Drain. Soak saffron strands in warm milk for 30 minutes.
- In a small pressure Cooker, add ghee and temper all the spices. Add cashews and almonds and roast them golden.
- Now add drained millet, saffron milk, salt, chilli powder and water. Cook for 3 whistles. Let pressure settle down.
- Open, fluff up after 5 minutes and add roasted onions. Aromatic Kashmiri Pulav is ready.



LUNCH

LUNCH 3: FOXTAIL MILLET CAPSICUM



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 232 kcal |
| Protein | 4 g |
| Carbohydrates | 34 g |
| Fat | 9 g |
| Fiber | 6.5 g |

Preparation time - 10 mins + 4 - 8 hrs of soaking
Cooking time - 10 mins
Serving size - 4

Ingredients :

- Foxtail millet - 1 cup
- Capsicum - 2, medium sized
- Onion - 1, finely chopped
- Tomato - 1, finely chopped
- Ginger - ¼ Tbsp, finely chopped
- Turmeric Powder - ½ Tbsp
- Red Chilli Powder - ½ Tbsp
- Coriander Powder - ½ Tbsp
- Oil - 1 Tbsp
- Mustard Seeds - ½ Tbsp
- Urad dal seeds - ½ Tbsp
- Curry leaves - a few
- Salt - As per taste
- Water for cooking millet

Instructions :

- Soak the millet for 4 - 8 hrs.
- Heat a thick - bottomed cooking pot or pan. Add the drained millet and 1 ½ cup of water to the cooking pot, and close it partially with the lid.
- Increase the heat to high and let the water come to boiling. Now reduce the flame to low and close the lid completely.
- Let the millet cook until all the water is absorbed. It will take around 6 to 8 minutes. Now switch off the flame and let it sit for ten more minutes.
- Heat oil in a pan. Add mustard seeds and urad dal and sauté for 2 mins until they start to splutter
- Add curry leaves, finely chopped onion and ginger pieces and sauté well again for a minute
- Once the onion changes colour add finely chopped capsicum & tomato and sauté. Add the spices and 1/2 cup of water, turn the flame to low and close the pan with a lid. Let the veggies cook for 5 minutes
- Add 1 cup of cooked millets to this mixture, adjust the salt mix well. Millet capsicum is ready to serve



LUNCH

LUNCH 4: SORGHUM VEGETABLE TAWA ROTI



Preparation time - 5 mins
Cooking time - 15 mins
Serving size - 1

Ingredients:

- ✿ Sorghum flour - 30 g
- ✿ Chopped onions, capsicum, carrot, cabbage - ½ cup
- ✿ Green chilli paste - 1 Tbsp
- ✿ Sesame seeds - 1 Tbsp
- ✿ Jeera - 1 Tbsp
- ✿ Salt - as desired
- ✿ Water - as required

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 237 kcal |
| Protein | 6.7 g |
| Carbohydrates | 43 g |
| Fat | 4 g |
| Fiber | 7.7 g |

Instructions:

- ✿ Mix all the ingredients thoroughly by adding required amount of water to make it like chapati dough.
- ✿ Make small balls and spread it into a round using a roller stick and roast it in preheated tawa on both sides.
- ✿ Serve hot with dal or any vegetable.



LUNCH

LUNCH 5: LITTLE MILLET CURD RICE



Preparation time - 5 mins
Cooking time - 30 mins
Serving Size - 2

Ingredients:

- Little millet - 1/2 cup
- Water - 2 cups
- Curd - 3/4 cup
- Milk - 1/4 cup
- Grated carrot - 3 Tbsp
- Coriander leaves finely chopped
- Salt to taste
- Oil - 1 Tbsp
- Mustard seeds - 1/2 Tbsp
- Split urad dal - 1/2 Tbsp
- Few curry leaves
- Finely green chilli - 1
- Chopped and ginger - 1/4 inch piece

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 167 kcal |
| Protein | 5.5 g |
| Carbohydrates | 22 g |
| Fat | 6 g |
| Fiber | 3.5 g |

Instruction:

- Boil water, add the millet and cook till the millet becomes soft.
- Then take the millet in a mixing bowl and mash it and add curd, milk and mix it well.
- Heat oil in a tadka pan and add the seasoning 'to temper' let it splutter.
- Transfer the tempering to the rice along with grated carrot, coriander leaves and required salt. Mix well.
- Serve chilled and garnish with carrots and coriander leaves.



LUNCH

LUNCH 6: PROSO MILLET RAVA IDLI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 329 kcal |
| Protein | 18 g |
| Carbohydrates | 60 g |
| Fat | 1.5 g |
| Fiber | 13.5 g |

Preparation time - 6 hours
Cooking time - 10 mins
Serving Size - 2

Ingredients:

- Proso millet idli rava - 1 cup
- Urad dal - 1 cup
- Salt - to taste

Instruction:

- Soak urad dal in water for 4 - 6 hr and drain out the water and grind it
- To the batter, add one cup of proso millet idli rava, salt and allow to ferment overnight.
- Pour out the batter into idli moulds and cook in an idli cooker for 7 - 10 mins.
- Serve hot with coconut chutney and sambar.



LUNCH

LUNCH 7: HALWA (BAJRA)



Preparation time - 5 mins
Cooking time - 25 mins
Serving size - 6

Ingredients

- Pearl millet (bajra) flour - 1½ cups
- Ghee - ½ cup
- Sugar - 1 cup
- Slivered almonds - 1 Tbsp
- Slivered pistachios - 1 Tbsp
- Green cardamom powder - ½ Tbsp
- Water - 4 Cups

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 256 kcal |
| Protein | 4 g |
| Carbohydrates | 32 g |
| Fat | 13 g |
| Fiber | 3.5 g |

Instruction:

- Heat ¼ cup ghee in still pan, add pearl millet flour, and saute for 8 - 10 minutes or till fragrant.
- Add 4 cups water and mix till well combined. Cover and cook for 4 - 5 minutes.
- Add sugar, slivered almonds and slivered pistachios and green cardamom powder and mix well.
- Add remaining ghee and mix well. Cook on medium heat for 2 minutes.
- Transfer in serving bowl. Sprinkle almond and pistachios on top and serve warm.



DINNER

DINNER 1: BROWN RICE AND JOWAR TEHRI



Preparation time - 30 mins
Cooking time - 10 mins
Serving size - 2

Ingredients:

- Soaked jowar - 20 g
- Soaked brown rice - 30 g
- Capsicum - 15 g
- Carrots - 15 g
- Cauliflower - 15 g
- Green Peas - 10 g
- Onions chopped - 15 g
- Jeera - 10 g
- Turmeric powder - 3 g
- Salt - 3 g
- Oil - 15 ml
- Water - 60 ml

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 197 kcal |
| Protein | 3.8 g |
| Carbohydrates | 24.5 g |
| Fat | 9 g |
| Fiber | 4.4 g |

Instruction:

- In a pressure cooker add oil and then jeera. Let it splutter.
- Now add onions, fry for a minute.
- Add all vegetables, soaked jowar, rice, salt and turmeric powder.
- Add water and let it cook until 2 whistles.
- Serve hot.



DINNER

DINNER 2: STEWED PUMPKIN SAMAK RICE



Preparation time - 15 mins
 Cooking time - 15 mins
 Serving Size - 2

| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 466 kcal |
| Protein | 9 g |
| Carbohydrates | 48.5 g |
| Fat | 25.5 g |
| Fiber | 5.5 g |

Ingredients

- ❁ Samak Rice, washed and soaked for 10 minutes - 1 cup
- ❁ Chopped Yellow Pumpkin - 2 Cups
- ❁ Chopped Mushrooms - 1 Cup
- ❁ Chopped Onion - 2 Tbsp
- ❁ Chopped Ginger - ½ Tbsp
- ❁ Chopped Garlic (Optional) - ½ Tbsp
- ❁ Coconut Milk - 1 Cup
- ❁ Dhania Powder - 1 Tsp
- ❁ Bhuna Jeera - 1 Tsp
- ❁ Garam Masala - 1 Tsp
- ❁ Salt For Taste
- ❁ Pepper Powder - ½ Tsp
- ❁ Oil/Ghee - 1 Tsp

Ingredients:

- ❁ In a heavy bottom pan heat oil, add the onion and ginger. And cook till they turn brown.
- ❁ Now add the chopped pumpkin, mushroom, garlic, dhania powder, jeera powder and garam masala.
- ❁ Cook for 5 mins stirring occasionally till the raw smell goes.
- ❁ Now add the samak rice and 2 cups of water.
- ❁ Cover up the pan and cook for 10 mins.
- ❁ Alternatively, you can also pressure cook for 2 whistles. Just before it is done add the coconut milk, pepper and salt for taste.
- ❁ Serve hot



DINNER

DINNER 3: MANDUA KI ROTI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 280 kcal |
| Protein | 8.5 g |
| Carbohydrates | 54.5 g |
| Fat | 3 g |
| Fiber | 4 g |

Preparation time - 5 mins
Cooking time - 10 mins
Serving size - 2

Ingredients:

- Finger Millet flour - 1 cup
- Wheat Flour - 1/2 cup
- Salt to taste
- Water for kneading

Instruction:

- Take the flour in a bowl along with salt and mix well. Slowly add water and prepare a stiff dough
- Divide into equal balls, dust well, and roll out into thin discs.
- Heat a tawa. Once hot, cook the rotis on both sides.



DINNER

DINNER 4: BARNYARD PULAO



Preparation time - 20 mins
Cooking time - 30 mins
Serving size - 1

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 314 kcal |
| Protein | 9 g |
| Carbohydrates | 31 g |
| Fat | 16.5 g |
| Fiber | 0.5 g |

Ingredients:

To marinate Soya chunks

- Soya chunks - 20g
- Hot Water - 1 Cup
- Curd - ½ cup
- Turmeric Powder - 1/4 Cup
- Chili Powder - 1/4 Tbsp
- Salt - 1 Tbsp

To make Biryani

- Barnyard millet - 50g
- Ghee - 2 Tbsp
- Whole Spices (Cinnamon, Clove, Cardamom, Bay Leaf & Cumin Seeds) - 1 Tbsp
- Chopped Onion - 2 Nos.
- Chopped Green Chili - 2 Nos.
- Pound Ginger and Garlic
- Turmeric Powder - 1 Tbsp
- Chopped Tomato - 2 Nos.
- Chili Powder - 1/4 Tsp
- Garam Masala - 1 Tsp
- Mint Leaves & Coriander Leaves - 1 Tsp
- Salt - to taste
- Water - 1 Cup

INSTRUCTION

- Soak soya chunks in hot water for 15 mins.
- Soak millet for 20 mins.
- Squeeze the soya chunks and marinate it with curd, red chili powder, turmeric powder, salt.
- Let it sit for 20 mins.
- Heat a pressure cooker with some ghee, add cumin seeds, cardamom, cloves, bay leaf, cinnamon and roast them.
- Add onions, green chilies and saute.
- Add pound ginger garlic and saute it.
- Add tomatoes and saute.
- Add turmeric powder, red chili powder, garam masala and saute.
- Add the soya chunks and cook for 5 mins.
- Add coriander leaves, mint leaves, salt and mix well.
- Add the soaked millet and add enough water.
- Pressure cook for 2 whistles and let it rest for 10 mins.
- Serve the Barnyard millet biryani hot with some raita.



DINNER

DINNER 5: FOXTAIL MILLET MANGO RICE



Preparation time - 10 mins
Cooking time - 20 mins
Serving Size - 3

| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 235 kcal |
| Protein | 5 g |
| Carbohydrates | 37 g |
| Fat | 8 g |
| Fiber | 3 g |

Ingredients:

- Foxtail millet - 1 cup,
- Water - 2 cups,
- Raw mango, grated - 1 or per taste,
- Groundnuts - 2 Tbsp,
- Seasoning - curry leaves, chillies, mustard seeds,
- Black gram dal
- Turmeric
- Asafoetida
- Oil
- Salt to taste

Instruction:

- Cook the millet in water and let it cool before mixing the rest of the ingredients.
- Fry groundnuts in oil, keep aside.
- Prepare the seasoning.
- Add grated mango and saute for a minute.
- Add the cooked millet and mix
- Tangy mango rice is ready. Serve hot.



DINNER

DINNER 6: PHIRNI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 197 kcal |
| Protein | 4 g |
| Carbohydrates | 36.5 g |
| Fat | 4.5 g |
| Fiber | 2 g |

Preparation time - 2 - 3 hrs for soaking
Cooking time - 30 mins
Serving size - 2

Ingredients:

- Jowar soaked - 20 g
- Milk - 100 ml
- Brown Sugar - 50 g
- Cardamom powder - 5 g
- Assorted dry fruits - 10 g

Instruction:

- soak jowar for 2 - 3 hrs.
- In a skillet, heat milk on low medium flame and add soaked jowar.
- Bring the mixture to a boil.
- Add sugar and cardamom, cook until the jowar is completely cooked.
- Garnish it with dry fruits and serve cold.



DINNER

DINNER 7: KODO KHEER



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 255 kcal |
| Protein | 6 g |
| Carbohydrates | 17 g |
| Fat | 18 g |
| Fiber | 0.75 g |

Preparation time - 5 mins
Cooking time - 25 mins
Serving size - 4

Ingredients :

- Kodo millet - ¼ cup
- Milk - 4 cups
- Ghee - 2 Tbsp
- Charoli - 1½ Tbsp
- Finely chopped dry fruits - 1 - 2 Tbsp
- Sugar - ¼ cup
- A large pinch of nutmeg powder
- green cardamom powder - ¼ Tbsp

Instruction:

- Bring milk to a boil in a deep non - stick pan. Continue to cook for 3 - 4 minutes.
- Heat 1 Tbsp ghee in a non - stick shallow pan. Add charoli, pistachios, almonds, and cashew nuts and saute for 1 - 2 minutes. Transfer on a plate.
- Heat remaining ghee in the same pan, add the kodo millet and saute for 2 - 3 minutes. Transfer this into the boiling milk and mix well. Cook for 10 - 12 minutes while stirring in between.
- Add sugar, mix and cook till the sugar melts. Add nutmeg powder, green cardamom powder, and roasted nuts and mix till well combined. Cook for 1 - 2 minutes.
- Transfer the kheer in a serving bowl, garnish with blanched pistachios, and saffron strands.



SNACKS

SNACKS 1: BAKED SAMOSA



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 118 kcal |
| Protein | 3 g |
| Carbohydrates | 17 g |
| Fat | 5 g |
| Fiber | 3 g |

Preparation time - 30 mins
Cooking time - 15 mins
Serving size - 3pcs

Ingredients :

- Whole Wheat Atta - 30 g
- Jowar Atta - 20 g
- Kalonji - 3 g
- Raw bananas - 20 g
- Coriander seeds - 3 g
- Salt - 5 g
- Red chilli powder - 3 g
- Turmeric powder - 3 g
- Garam masala - 5 g
- Oil - 10 ml
- Water - 70 ml

Instruction:

- Method - Make a dough using whole wheat atta and jowar atta. Add kalonji to the dough
- For filling - boil the raw bananas and mash it.
- In another pan, heat oil, add all the ingredients and mashed raw bananas and cook well. Keep the mixture aside to cool.
- Roll out the dough and cut in triangles and add the filling and make into samosa shapes.
- Heat the air fryer or oven and bake the samosas for 15 mins



SNACKS

SNACKS 2: LAUNG LATTA/LAWANGO LATHIKA



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 194 kcal |
| Protein | 5 g |
| Carbohydrates | 39 g |
| Fat | 1.5 g |
| Fiber | 5.5 g |

Preparation time - 30 mins
Cooking time - 20 mins
Serving size - 2

Ingredients:

- Whole Wheat Atta - 50 g
- Jowar Atta - 20 g
- Water - 50 ml
- Jaggery - 25 g
- Laung - 15 g

Instruction:

- Method - Make a tight dough, a fold it into 3 layers by overlapping it .Seal it with a piece of laung
- For syrup - Boil water and jaggery.
- Heat the air fryer and bake the latta and soak it in syrup



SNACKS

SNACKS 3: SORGHUM BITES



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 123 kcal |
| Protein | 2.3 g |
| Carbohydrates | 27 g |
| Fat | 4 g |
| Fiber | 2 g |

Preparation time - 10 mins
Cooking time - 30 mins
Serving size - 4

Ingredients :

- Sorghum flour - 100 g
- Refined flour - 100 g
- Butter - 5 g
- Sugar - 5 g
- Salt - 2 g
- Water - 200 ml

Instruction:

- Mix all the ingredients with water and knead it well to form a dough.
- Keep it for 15 mins in the refrigerator.
- Divide the dough into small portions and make a large roti out of it.
- Cut it into desired shapes like a circle or square.
- Preheat the oven at 250 degrees C for 20 mins.
- Bake the sorghum bites for 25 mins.
- Cool it and serve.



SNACKS

SNACKS 4: MILLET HORLICKS THANDAI



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 212 KCal |
| Protein | 6.4 g |
| Carbohydrates | 29 g |
| Fat | 8 g |
| Fiber | 2 g |

Preparation time - 20 mins
Serving size - 2

Ingredients:

- Horlicks - 6 g
- Milk - 100 ml
- Jaggery - 10 g
- Jowar flour, roasted - 10 g
- Thandai masala 5 g
- Almonds - 5 g

Instruction:

- Method - In a bowl mix all the ingredients and blend it together.
- Serve cold.



SNACKS

SNACKS 5: AMARANTH MANGO SMOOTHIE



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 181 kcal |
| Protein | 7 g |
| Carbohydrates | 24 g |
| Fat | 6 g |
| Fiber | 2 g |

Preparation time - 3 mins
Cooking time - 5 mins
Serving Size - 2

Ingredients:

- Amaranth - 1/2 Cup (Puffed)
- Mango (washed, clean, peeled, cut pcs) - 1/2 cup
- Milk (chilled) - 200 ml
- A pinch Cinnamon powder
- Ice cube (optional) - 1 - 2 cube

Instruction:

- First blend mango in a blender jar
- Then add remaining ingredients.
- Blend them and serve cold



SNACKS

SNACKS 6: BAJRA RAAB / PEARL MILLET DRINK



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 232 kcal |
| Protein | 5.5 g |
| Carbohydrates | 26.5 g |
| Fat | 11.5 g |
| Fiber | 5 g |

Preparation time - 5 mins
Cook time - 10 mins
Serving - 2

Ingredients:

- Ghee - 2 Tbsp
- Ajwain seeds - 1 Tbsp
- Bajra flour / pearl millet flour - 4 Tbsp
- Jaggery grated, or powdered - 1 Tbsp
- Salt - ½ Tbsp
- Dry ginger powder - 1 Tbsp
- Water - 2 cups
- Chopped nuts optional - 1 Tbsp

Instruction:

- Heat ghee in a small pot. Once the ghee is hot, add ajwain seeds till it sputters.
- Add bajra flour (pearl millet flour) and roast it in ghee for 2 - 3 mins.
- Add the jaggery, salt, ginger powder and water. Mix very very well to ensure that there are no millet flour lumps and the jaggery is completely dissolved in water.
- Bring it to a boil and continue to cook on low heat for another 5 mins.
- The raab is ready. Empty into serving glasses and add some chopped nuts like almonds/cashew nuts on top. Serve hot.



SNACKS

SNACKS 7: SAMAK CHAWAL IDLI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 294 kcal |
| Protein | 11 g |
| Carbohydrates | 49 g |
| Fat | 5 g |
| Fiber | 8 g |

Preparation time - 15 mins
Cooking time - 10 mins
Serving Size - 8

Ingredients :

- Samak chawal coarse powder - 300gm (2 cup)
- Black gram powder - 150 gm (1 cup)
- Finger millet powder (ragi) - 150gm (1 cup)
- Curd - 1 ½ cup
- chopped Curry leaves - 15 - 20 leaves
- Mustard seeds - 2 Tbsp
- Asafetida powder pinch
- Chana dal - 4 Tbsp
- grated Carrots - 1 medium
- chopped Cashew - 10 pieces
- Black sesame - 2 Tbsp
- Water (if required)
- Baking soda - $\frac{3}{4}$ Tbsp
- Salt - 1 ½ Tbsp

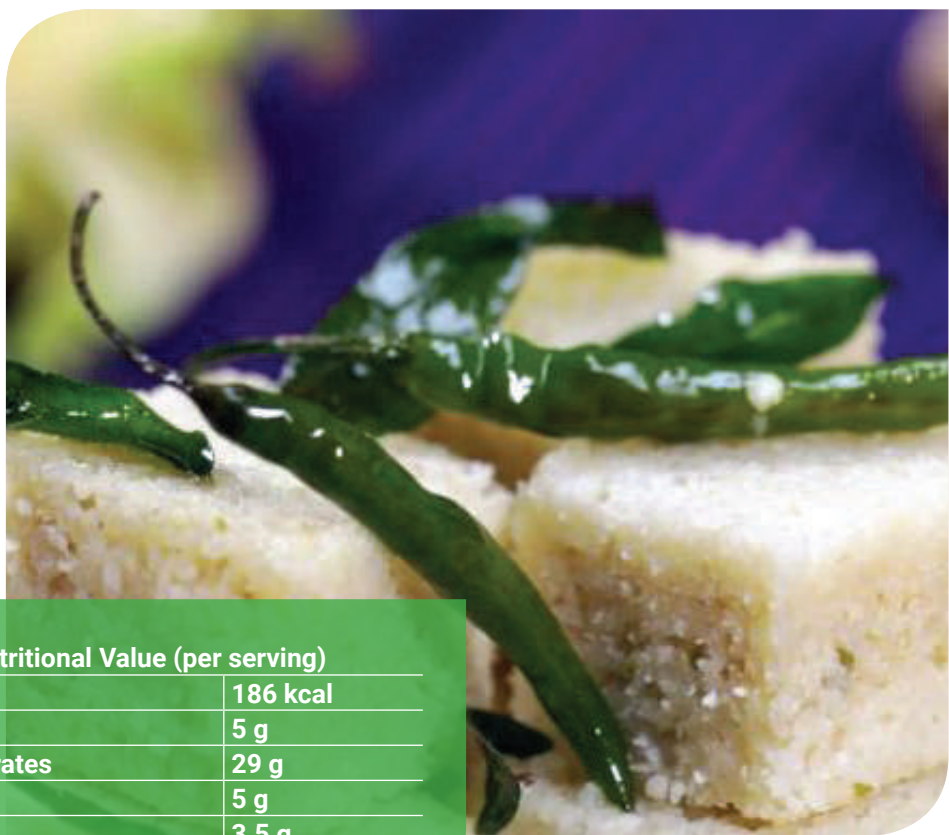
Instruction:

- Mix Samak chawal, black gram, finger millet powder, curd and salt and leave for half an hour. If the batter is very thick then add water, accordingly (like idli batter consistency)
- Stir fry curry leaves, Chana dal, mustard seeds till aromatic and add Asafetida powder after turning off the stove. Mix this in the batter properly.
- Take 2 spoons of lukewarm water and add ¾ teaspoon of baking powder. Mix it thoroughly with batter.
- Take an idli stand and grease it with oil. Add a glass of water to the base of the stand for steam formation.
- Added grated carrot to each of the bases on the stand along with 2 - 3 pieces of cashew and black sesame. Add
- the butter to the base and steam it for 10 minutes.
- Serve warm along with Coriander chutney.



SNACKS

SNACKS 8: SAMAK CHAWAL DHOKLA



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 186 kcal |
| Protein | 5 g |
| Carbohydrates | 29 g |
| Fat | 5 g |
| Fiber | 3.5 g |

Preparation time - 20 mins
Cooking time - 15 mins
Serving Size - 2

Ingredients:

- Samak charwal - 60g
- Curd - 50g
- Pound ginger and green chill into paste.
- Oil - 1 Tbsp
- Salt - to taste
- Red chilli powder - 1/4th Tbsp
- Green chill - non spicy - 1 small
- Ginger - 1 inch place

Instruction:

- Take a dhokla steamer pan. Apply oil and keep it ready.
- Add water to the dhokla steamer and keep it ready.
- Add paste of green chilli and ginger to soaked batter of samak chawal and curd.
- Add salt and mix it properly.
- Pour batter in an oil coated dhokla pan. Sprinkle red - chim powder, sesame seeds on top and allow it to steam for 15 minutes checking in - between.
- Once steamed properly, transfer it into a serving dish.
- Heat the oil in pan add curry leaves, cumin seeds and sprinkle the seasoning on dhokla, served with mint coriander chutney



SNACKS

SNACKS 9: KUTTU BEETROOT TIKKI



Preparation time - 15 mins
Cooking time - 15 mins
Serving Size - 2

Ingredients :

- Kuttu flour - 1 cup
- Beetroot - 2 medium, boiled and mashed
- Oil/butter - 1 Tbsp
- Peanuts - 1 Tbsp, chopped
- Jeera - 1 Tbsp, roasted
- Red chilli flakes / Green chillies - 1
- Black pepper - 1 Tbsp
- Chopped Ginger - 1 inch,
- Chaat masala - 1 Tbsp
- Salt to taste

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 164 kcal |
| Protein | 5 g |
| Carbohydrates | 21 g |
| Fat | 8 g |
| Fiber | 5 g |

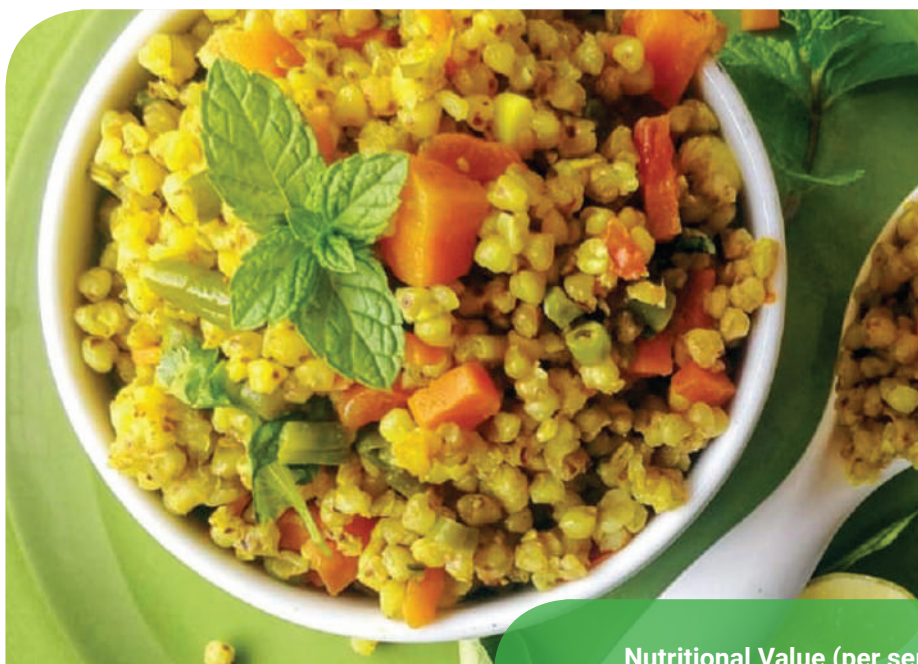
Instruction:

- Combine all the ingredients and make small balls.
- Now flatten them on your palm.
- In a well oiled non - stick pan cook on both sides and serve hot with any home made chutney.



SNACKS

SNACKS 10: MIXED MILLET BHEL PURI



Preparation time - 5 mins
Cooking time - 10 mins
Serving Size - 1

Ingredients:

- Mixed millet flakes - 25 g
- Ragi flakes - 10 g
- Puffed rice flakes - 5 g
- Roasted peanut - 10 g
- Amaranth -
- Brown rice namkeen - 100 g
- Chaat Masala - 2 g
- Black sesame - 9 g
- Boiled potato - 1
- Chopped onion - ½
- Tomato - 1
- Lime juice - 1 Tbsp
- Green chillies - 2
- Green chutney - 1 Tbsp
- Handful Coriander
- Moringa leaves powder - 2.5 g

Nutritional Value (per serving)

| | |
|-------------------------|-----|
| Energy (kcal) | 240 |
| Carbohydrates (g) | 32 |
| Protein (g) | 8 |
| Total fats (g) | 8 |
| Total dietary fiber (g) | 7.7 |

Instruction:

- Take a bowl and mix millets, ragi flakes and Puffed rice flakes.
- Add roasted peanuts along with amaranth and brown rice namkeen. Sprinkle chaat masala and black sesame in it.
- Moisten the mixture with potatoes, tomatoes, onions, lime juice and green chillies. Mix well.
- Add moringa powder and green chutney and mix well.
- Garnish with coriander leaves and serve it.



SNACKS

SNACKS 11: JOWAR UPMA



Nutritional Value (per serving)

| | |
|-------------------------|-----|
| Energy (kcal) | 195 |
| Carbohydrates (g) | 28 |
| Protein (g) | 6 |
| Total fats (g) | 6 |
| Total dietary fiber (g) | 8 |

| | |
|------------------|---------------------------|
| Preparation time | - 5 mins +30 mins soaking |
| Cooking time | - 20 mins |
| Serving size | - 1 |

Ingredients :

- Jowar - 30 g
- Onion - 25 g
- Capsicum - 40 g
- Bottle gourd - 35 g
- Tomato - 50 g
- Coriander leaves - 14 g
- Leaves Curry leaves - 5 - 8
- Oil - 5 g
- Boiled Peas - 25 g

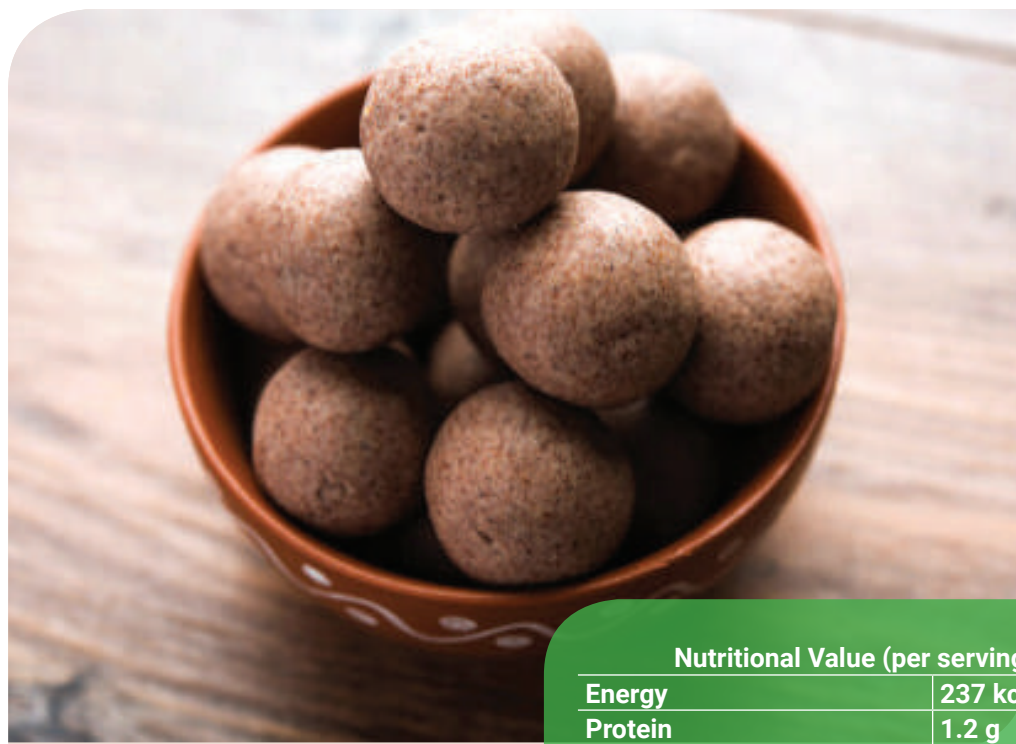
Instruction:

- Soak jowar grain in water for at least 30 minutes.
- In a deep pot, add 3 cups of water to a boil. Add some salt and the soaked whole jowar to the boiling water. Cover and let it cook on medium heat till the grains are soft. Takes about 10 mins. Jowar grains will soak in most of the water and be a little wet and mushy. You can also cook whole jowar in the rice cooker.
- On another stove, heat oil in a wok/ kadhai. Once the oil is hot, add mustard seeds, dried red chili, and curry leaves. Sauté for a minute before adding green chili, ginger, and onion. Mix well and cook for a minute.
- Add the chopped bottle gourd and capsicum. Mix and cook for 5 minutes, until the vegetables start to soften.
- Add the boiled peas, tomatoes, turmeric and salt. Mix well and cook for a couple of minutes.
- Add the cooked jowar and lime juice.
- Mix well and cook for another minute.
- Garnish with fresh coriander and serve hot.



SNACKS

SNACKS 12: RAGI LADOO



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 237 kcal |
| Protein | 1.2 g |
| Carbohydrates | 24 g |
| Fat | 17 g |
| Fiber | 1.2 g |

Preparation time - 5 mins
Cooking time - 30 mins
Serving size - 6 - 8

Ingredients:

- Ragi (nachni / red millet) flour - 1 cup
- Ghee - 6 Tbsp
- Powdered sugar - 5 Tbsp
- Cardamom (elaichi) powder - ½ Tbsp

Instruction:

- Take a pan and melt ghee on low flame.
- Add the ragi flour and cook, stirring constantly, for 5 to 6 minutes, or until it turns golden brown.
- Remove from the flame, then thoroughly stir in the sugar, avoiding any lumps. Mix thoroughly after adding the cardamom powder.
- Move the mixture to a greased dish, smooth it out evenly, and let it cool for 10 to 15 minutes.
- Divide the mixture into 12 equal portions and roll each portion into a ball.
- Serve the ladoos.



SNACKS

SNACKS 13: KODO MILLET DHOKLA



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 251 kcal |
| Protein | 8.5 g |
| Carbohydrates | 45 g |
| Fat | 1.5 g |
| Fiber | 4.5 g |

Preparation time and - 5 mins +4 - 6 hrs of soaking and **overnight fermentation**

Cooking time - 30 mins

Serving size - 6 - 8

Ingredients:

- Kodo Millet - 1 cup
- Split Black Gram - 1/3 cup
- Salt to taste
- Yogurt/Curd - 2 Tbsp
- Sugar - 1 Tbsp
- Turmeric Powder - ½ Tbsp
- Chopped coriander - 1 Tbsp

Instruction:

- After cleaning and rinsing the kodo millet and split black gram, soak them in water for 4 - 6 hours.
- After draining the water, grind the batter to a smooth and thick consistency.
- Add the yoghurt, salt and mix well.
- Allow the batter to ferment overnight.
- Then add all the ingredients, i.e. Sugar, Turmeric powder, and coriander, to the batter and give a quick mix.
- Grease a plate with oil and add the batter to this.
- Steam the batter for 10 - 12 minutes, and cut the dhokla into the desired shape.



SNACKS

SNACKS 14: MILLET LASSI



Nutritional Value (per serving)

| | |
|---------------|---------|
| Energy | 99 kcal |
| Protein | 2.7 g |
| Carbohydrates | 23 g |
| Fat | 1.4 g |
| Fiber | 0.75 g |

Preparation time - 10 mins

Cooking time - 20 mins

Serving size - 2

Ingredients :

- Ragi flour (Finger millet flour) - ¼ cup
- Yoghurt - ¼ cup
- Water - 2½ cup
- Pinch of Salt for taste

Instruction:

- Heat 1 cup of water in a vessel.
- In a bowl, whisk together ½ cup water and ¼ cup Ragi flour. When the water begins to boil, slowly add the flour mixture to the boiling water while mixing with a spoon.
- Cook the flour for 3 minutes, or until it thickens but is still runny. Add more water while cooking, if necessary to ragi java.
- In a glass/cup combine 1/4 cup Ragi java and 1/4 cup homemade yoghurt and water if required.
- Lightly churn and add salt.
- Serve cold.





South Region Millet Menu

Finger Millet



BREAKFAST

BREAKFAST 1: RAGI IDLI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 200 kcal |
| Protein | 7.5 g |
| Carbohydrates | 35.5 g |
| Fat | 2.5 g |
| Fiber | 5 g |

Preparation time - 9 hours
Cook time - 30 mins
Serving Size - 4

Ingredients:

- Ragi Flour - 1 cup
- Urad dal - ½ cup
- Thick poha - 25 g
- Methi seeds - ¼ Tbsp
- Water - 1 ½ cup
- Salt - 1 Tbsp

For Tadka

- Carrot - 1
- Onion - 1
- Mustard seeds - 1 Tbsp
- Curry leaves - 1 Tbsp
- Oil - 1 Tbsp

Instruction:

- Take ragi flour and add 1 cup water and poha to it and keep aside for 4/5 hours. Blend it into a batter.
- Add urad dal and fenugreek seeds and soak them for 4 - 5 hours. After the dal is completely soaked, blend it into a fine and fluffy batter.
- Mix both the batters well.
- Heat oil in a non - stick pan and add mustard seeds. Once it splutters, add onion and carrot sauté for 4 - 5 mins and then add curry leaves.
- Add the vegetable mix to the batter.
- Place this prepared batter in an idli maker and cook for 10 mins.
- Serve hot with fresh chutney.



BREAKFAST

BREAKFAST 2: MILLET PORRIDGE



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 245 kcal |
| Protein | 8 g |
| Carbohydrates | 42 g |
| Fat | 5 g |
| Fiber | 3 g |

Preparation time - 5 mins
Cooking time - 20 mins
Serving size - 3

Ingredients :

- Little Millet - 1 cup
- Garlic - 4 cloves
- Coriander Leaves - 2 Tbsp
- Milk - 1 cup
- Cumin Seeds - 1 Tbsp
- Curry Leaves - 2 sprigs
- Buttermilk - 1 cup
- Red Chilli - 1 number
- Salt to taste

Instruction:

- Take a pressure cooker, add a little millet then add milk, curry leaves, red chilli, garlic cloves, coriander leaves, cumin seeds, 2 cups of water and cover the pressure cooker and cook for 4 whistles
- Open the pressure cooker then add salt to taste, buttermilk and mix everything well.
- Little millet porridge is ready to serve with a pickle or any sides of your choice



BREAKFAST

BREAKFAST 3: KODO MILLET APPAM



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 275 kcal |
| Protein | 5 g |
| Carbohydrates | 46 g |
| Fat | 8 g |
| Fiber | 5 g |

- Preparation time** - 10 mins
+6 hrs for soaking the millet
- Cooking time** - 20 mins
- Serving Size** - 6

Ingredients:

- Kodo Millet (Varagu) - 3 Cups
- Grated Coconut - 1 Cup
- Poha (rice flakes) - 3/4 Cup
- Tender Coconut Water - 1 Cup
- Sugar - 1 Tbsp
- Salt as per taste

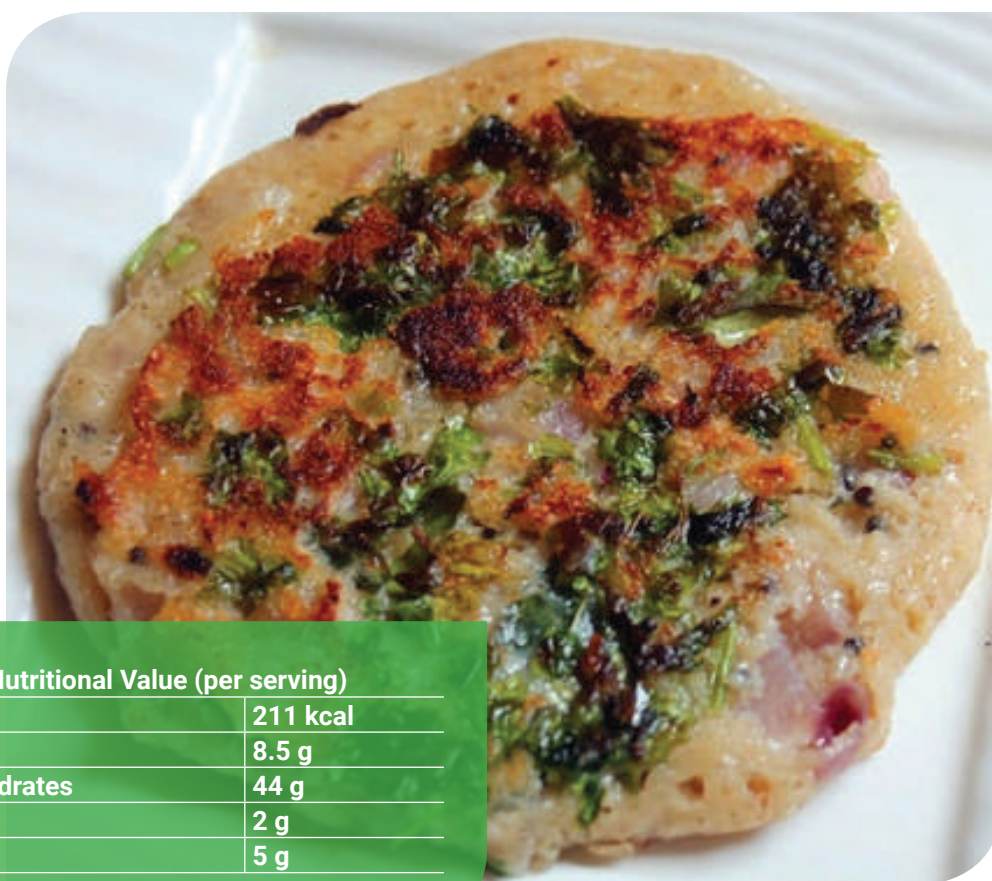
Instruction:

- Wash and soak the kodo millet (varagu) for 2 hours.
- Soak poha separately for 2 hours.
- Drain and grind poha and kodo millet to a smooth batter adding grated coconut and tender coconut water.
- Add sugar, salt and ferment for 8 hours. Let the batter be a little thin.
- Preheat an appa kadai lightly.
- With a ladle, add 1 measure of the batter, swirl the kadai 2 - 3 times so that it spreads evenly, thin at edges and remaining batter will settle to the centre of the kadai.
- Cook on medium flame.
- Serve with Ishtu or Kadala Curry (red chana curry)



BREAKFAST

BREAKFAST 4: SORGHUM UTTAPAM



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 211 kcal |
| Protein | 8.5 g |
| Carbohydrates | 44 g |
| Fat | 2 g |
| Fiber | 5 g |

Preparation time - 5 mins +overnight soaking
Cooking time - 20 mins
Serving Size - 2

Ingredients :

- Sorghum grain - 1 cup
- Black gram dal - 1/4 cup
- Ginger - green chilli paste - 1/4 Tbsp
- Salt - to taste
- Oil - for greasing and cooking
- Chopped tomatoes and coriander - 1 Tbsp

Instruction:

- Wash and soak the whole sorghum grain and black gram dal in enough water separately overnight. Drainwell.
- Combine the whole sorghum grain, black gram dal and water in a mixer, blend till smooth and add ginger - green chilli paste and salt and mix well.
- Heat the pan and grease it using 1/2 Tbsp of oil.
- Pour small spoonfuls of the batter on the pan like uttapam.
- Sprinkle little tomatoes and coriander evenly over each uttapam, press lightly and cook on both the sides on a medium flame.
- Served Hot With Pickle.



BREAKFAST

BREAKFAST 5: FINGER MILLET ONION CHAPATI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 112 kcal |
| Protein | 1.7 g |
| Carbohydrates | 21 g |
| Fat | 2 g |
| Fiber | 0.3 g |

Preparation time - 5 mins
Cooking time - 15 mins
Serving Size - 4

Ingredients:

- Finger millet flour - 1 cup
- Onion chopped - 1
- Salt to taste
- Green chilli - 1
- Curd - 2 Tbsp
- Water
- Coriander
- Oil - as required.

Instruction:

- Add all the ingredients and knead it to a soft dough.
- Heat a pan, grease it with oil.
- Now make equal size balls of the dough and make small roti.
- Transfer it to the pan and cook it on a low flame. Once done, flip it over to the otherside.
- The prepared roti can be enjoyed with curd, pickle or any curry.



BREAKFAST

EAKFAST 6: MILLET KARA KOZHUKATTAI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 213 kcal |
| Protein | 5.6 g |
| Carbohydrates | 21 g |
| Fat | 12 g |
| Fiber | 3.6 g |

| | |
|------------------|--------------|
| Preparation time | - 20 minutes |
| Cook time | - 20 minutes |
| Serving | - 3 |

Ingredients :

- Kodo millet - ½ cup
- Yellow moong dal - 3 Tbsp
- Pepper - 1 Tbsp
- Cumin seeds - ½ Tbsp
- Chili - 1 red
- Coconut - 3 Tbsp
- Coconut oil - 3 Tbsp
- Mustard seeds - ½ Tbsp
- Urad dal - 1 Tbsp
- Chana dal - 1 Tbsp
- Asafoetida - 2 pinches
- Few chopped curry leaves
- Salt as needed
- Water - 1.5 cups

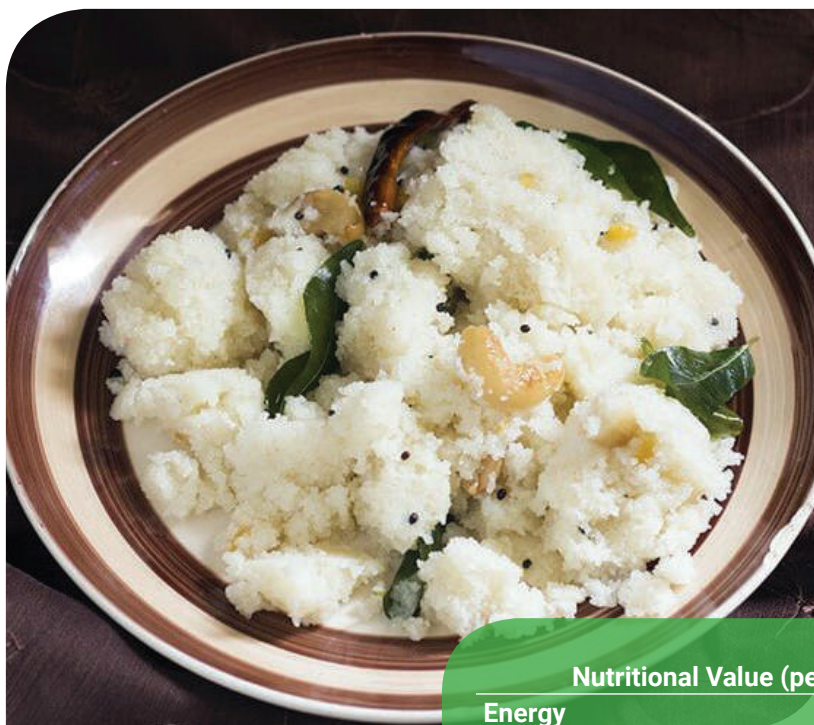
Instruction:

- In a mixie jar, add the moong dal, pepper, cumin seeds and red chili.
- Pulse this few times.
- Now add the millet. (here, kodo millet is used, you can use foxtail millet, little millet or any variety of millet too.
- Just pulse this twice. Pulsing the millet is optional but it is highly recommended as it will be easy while shaping the pidi kozhakattias.
- In a pan add oil, mustard seeds, urad dal, chana dal and finely chopped curry leaves.
- Let the mustard seeds splutter and the dals become golden brown.
- Add the asafoetida to this. Now add 1.5 cups of water to this. Add coconut and salt.
- Let this boil. Simmer the flame and add the pulsed millet and dal mixture.
- Stir this well and ensure there are no lumps. Cover this and cook this. Stir this in between.
- This will take 7 - 8 minutes to get this cooked. Let this water evaporate.
- Once it is done, cover this and keep aside.
- Once it is cooled, grease your hands with oil and take a lemon sized mixture of the cooked millet.
- Make an oblong shape or round shape.
- Make pidi kozhukattais using the remaining mixture.
- Place this in a greased steamer.
- Cover and steam for 12 minutes in medium flame.
- Switch off the stove and keep it closed for 2 minutes.
- Take out and enjoy the Kara kozhukattais.
- Serve with any chutney of your choice.



BREAKFAST

BREAKFAST 7: RAMDANA UPMA



Preparation time - 10 mins
Cooking time - 10 mins
Serving size - 2

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 297 kcal |
| Protein | 11.5 g |
| Carbohydrates | 34 g |
| Fat | 14 g |
| Fiber | 5 g |

Ingredients:

- Ramdana - 1 cup
- Potato - 1 medium sized [washed, peeled and diced into small pieces]
- Peanut - 1/4 cup [roasted and crushed]
- Ginger - 1/2 Tbsp [finely chopped]
- Green chili - 1/2 Tbsp [finely chopped]
- Cumin seeds - 1/4th Tbsp
- Curry leaves - 4 - 5
- Salt - 1 Tbsp
- Black pepper: 1/2 Tbsp [powdered]
- Lemon juice - 1-2 Tbsp
- Coriander leaves - 5-6 sprigs
- Oil - 2 Tbsp
- Water - 3-4 Cups

Instruction:

- Heat oil in a pan, add cumin seeds, curry leaves, ginger and chili. Stir for 30 seconds.
- Add diced potato and saute.
- Add crushed peanuts, sauté again for 2 minutes in medium flame.
- Add Ramdana, salt, black pepper. Mix well.
- Sauté for another 2 minutes in medium flame.
- Add water, mix and cover the pan with a lid for 7 - 8 minutes.
- Turn off the heat. Add coriander leaves and lemon juice.
- Serve hot.
- Serve with Mint coriander chutney
- Cooking tip: Ramdana soaks water quickly. If you leave the cooked upma for some time, it will become dry. Once cooked, serve immediately.



LUNCH

LUNCH 1: CHETTINAD KHICHDI



Preparation time - 30 mins
Cooking time - 20 mins
Serving size - 2

Ingredients :

- Ragi - 30 g
- Moong daal - 20 g
- Onions chopped - 10 g
- Tomatoes chopped - 10 g
- Cumin seeds - 2 g
- Coconut powder - 2 g
- Curry leaves - 3 g
- Oil - 10 ml
- Mustard seeds - 5 g
- Coriander seeds - 5 g
- Turmeric powder - 2 g
- Red chilli powder - 2 g
- Black pepper - 2 g
- Salt - 3 g
- Water - 100 ml
- Ginger garlic paste - 5 g

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 150 kcal |
| Protein | 5 g |
| Carbohydrates | 17.5 g |
| Fat | 7.5 g |
| Fiber | 4 g |

Instruction:

- Soak ragi and dal for 2 hours.
- Boil in a pressure cooker until mashy.
- For Tempering heat oil in a pan add all the khada masalas and saute well.
- Add onions and tomatoes and saute well. Make a coarse paste out of it.
- Add the boiled ragi and dal and cook well. Garnish it coriander leaves and serve hot.



LUNCH

LUNCH 2: JOWAR CURD - THAYIR SADAM



Preparation time - 30 mins
Cooking time - 20 mins
Serving size - 1

Ingredients:

- Jowar - 30 g
- Curd - 70 ml
- water - 5 ml
- Tempering**
- Oil - 5 ml
- Mustard seeds - 2g
- Ginger grated - 2g
- Curry leaves - 4g
- Dried red chillies - 2g
- Asafoetide - 2g
- Salt - 3g

| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 203 kcal |
| Protein | 6 g |
| Carbohydrates | 24 g |
| Fat | 9 g |
| Fiber | 4 g |

Instruction:

- Wash Jowar properly.
- Boil it until cooked. Then strain the water out of it and keep aside to cool .
- Add the curd.
- For tempering, heat the oil and add all the ingredients and pour it over the jowar and curd mix well.



LUNCH

LUNCH 3: PINEAPPLE PACHADI



Nutritional Value (per serving)

| | |
|---------------|---------|
| Energy | 69 kcal |
| Protein | 1 g |
| Carbohydrates | 10 g |
| Fat | 2.5 g |
| Fiber | 1 g |

Preparation time - 5 mins
Cooking time - 25 mins
Serving size - 4

Ingredients:

- Pineapple dices - 30 g
- bhagar soaked - 20 g
- Water - 50 ml
- Jaggery - 25 g
- Ginger chopped - 5 g
- Curd - 15 g
- Mustard seeds - 5 g
- Curry leaves - 5 g
- Oil - 5 ml
- Green chillies - 5 g
- Coconut desiccated - 5 g
- Cumin seeds - 5g
- Turmeric powder - 3g

Instruction:

Make Coconut Paste:

- Soak bhagar for overnight and pressure cook it.
- In a small grinder jar or blender, grind grated fresh coconut, green chilli chopped, mustard seeds, cumin seeds and cooked bhagar. Add water if required to make a smooth paste.
- Dice the pineapple in small pieces or cubes, but not finely - you want some texture in the pachadi.
- Add turmeric powder and jaggery. Add enough water to cover the pineapple cubes. Mix well to combine.
- Cook the pineapple on a low - medium heat. Stir at intervals. Simmer till the pineapple cubes have softened

Make Pineapple Pachadi:

- Add the Bhagar - coconut paste with the softened pineapple. Mix well. Add salt as per taste.
- Simmer and cook this pineapple mixture for 2 to 3 minutes on a low heat. Take care not to boil or cook for a long time as this can split the curd.
- Let this mixture cool at room temperature.
- Beat ½ cup curd till smooth. Ensure that the curd is fresh and not overly sour or tangy
- Once the pineapple and coconut mixture has cooled down, add the beaten curd and mix very well.

Temper Pineapple Pachadi:

- Heat coconut oil in a small frying pan. Keep heat to a low and add mustard seeds, dry red chilli (seeds removed) and curry leaves and fry for a few seconds.
- Pour the tempering in the pachadi mixture and mix well.
- Serve Pineapple Pachadi as a side dish. You can also refrigerate and then serve.



LUNCH

LUNCH 4: JOWAR DROPS/ SHENGOLYA



Nutritional Value (per serving)

| | |
|---------------|------------|
| Energy | 240.5 kcal |
| Protein | 7 g |
| Carbohydrates | 22.5 g |
| Fat | 11.5 g |
| Fiber | 5 g |

Preparation time - 10 mins
Cooking time - 20 mins
Serving size - 2

Ingredients :

- Jowar flour - ½ cup
- Green chillies - 2
- Garlic cloves - 5-6
- Cumin seeds - 1 Tbsp
- Cilantro with stems - 1 cup
- Water
- Besan - 2 Tbsp
- Turmeric powder - ½
- Red chilli powder - ½
- Salt - ½
- Garlic, Chilli, cilantro paste - 1 Tbsp
- Mustard seeds
- Asafoetide

Instruction:

- Take mixture jar, add 2 green chillies, 5 - 6 garlic cloves, 1 Tbsp cumin seeds, 1 cup cilantro with stems, add water
- Close the lid and make a coarse mixture
- Take a bowl and add ½ cup Jowar flour, 2 Tbsp besan, ½ turmeric powder, ½ red chilli powder, ½ salt, 1 Tbsp garlic, Chilli, cilantro paste, 1/3 cup water
- Knead into a soft and smooth dough
- Take small portion of dough, roll between your palms, join the ends to form drop shape
- Take pan, add oil, mustard seeds and then cumin seeds and asafoetide
- Add garlic, cumin, cilantro, chilli mixture and saute mixture for 1 mins
- Add 2 cup water, bring this water to boil and then add jowar drops
- Add salt, mix gently
- Cover and cook around for 20-25 mins and then it's ready to serve



LUNCH

LUNCH 5: BARNYARD MILLET PUTTU



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 119 kcal |
| Protein | 2 g |
| Carbohydrates | 20.5 g |
| Fat | 3 g |
| Fiber | 3 g |

Preparation time - 10 mins
Cooking time - 20 mins
Serving Size - 11

Ingredients:

- Barnyard millet - 1 kg
- Coconut - 200g
- Salt as desired

Instruction:

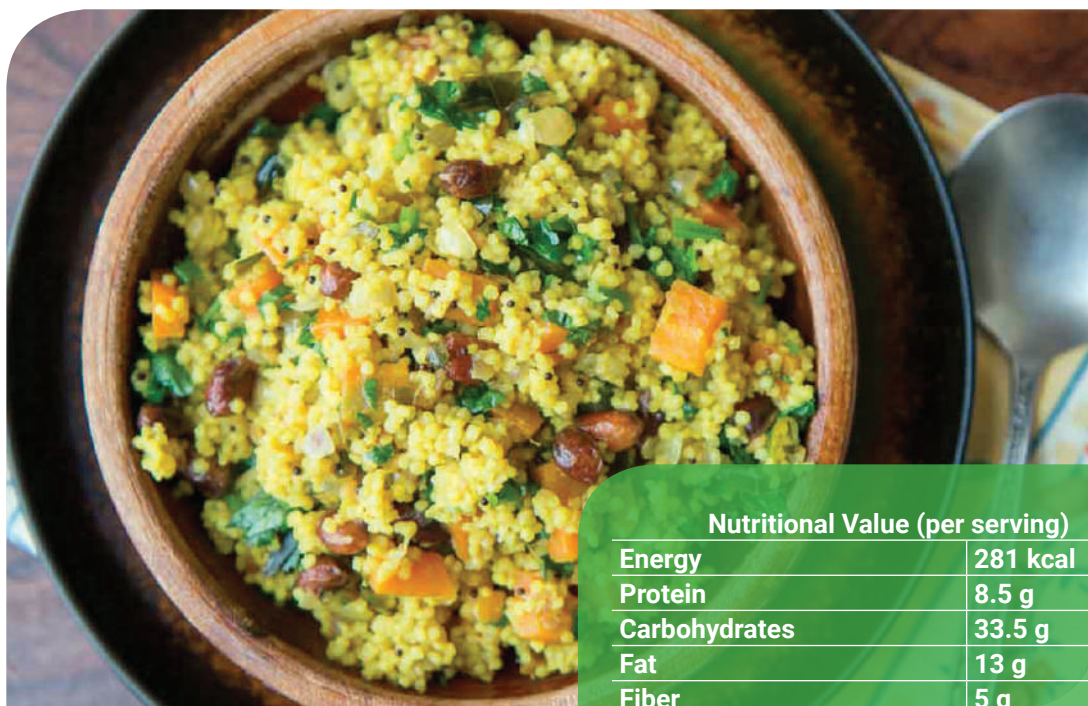
- Take 1 cup barnyard millet flour and salt (as desired) in a mixing bowl or a pan, now sprinkle 1/2 cup water all over.
- Begin to mix the flour with the water with your fingertips. Mix very well and when you press a small portion of the flour between your palms. It should form a lump
- Grind this barnyard millet flour mixture in a grinder to break lumps
- Pour 2 to 3 cups of water in the base vessel of the puttu kudam. Keep on stove top & let it get heated.

- Meanwhile, first place the perforated disc inside the cylindrical vessel. Then add 2 to 3 Tbsps of fresh coconut in the cylindrical vessel of the puttu kudam and spread evenly.
- Gently add the puttu flour till it reaches half of the cylindrical vessel. Layer Cover the top with the lid. Place the cylindrical portion on top of the base vessel in which the water must have come to a boil.
- Steam puttu on medium flame till you see steam releasing from the top vent of the cylindrical vessel and switch off the flame.
- Remove the cylindrical part from the base vessel and allow the puttu inside to cool for 3 to 4 minutes.
- Then using a wooden skewer remove the steamed puttu. Serve puttu hot or warm with kadala curry or veg stew.



LUNCH

LUNCH 6: FOXTAIL MILLET LEMON RICE



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 281 kcal |
| Protein | 8.5 g |
| Carbohydrates | 33.5 g |
| Fat | 13 g |
| Fiber | 5 g |

Preparation time - 20 mins
Cooking time - 40 mins
Serving Size - 2

Ingredients :

- Foxtail Millet - 1 cup
- Mustard seeds - 1 Tbsp
- White Urad Dal - 1 Tbsp
- Raw Peanuts - 1 Tbsp
- Carrot - 1/4 cup, chopped
- Curry leaves - 1 sprig, roughly chopped
- Ginger - 1 inch, grated
- Green Chillies - 2, finely chopped
- Turmeric powder - 1 Tbsp
- Lemon Juice - 2 Tbsp
- Salt to taste
- Oil - 1 Tbsp
- Coriander Leaves - few sprigs

Instruction:

- In a pressure cooker add foxtail millet and 1½ cup of water. Cook on medium flame for 3 whistles.
- Heat oil in a pan and add mustard seeds, urad dal and peanuts. Sauté until golden brown.
- Add the curry leaves, ginger, green chillies, turmeric powder and carrots and stir for a few seconds.
- Once the carrots are softened, add the cooked foxtail millet, sprinkle some salt and stir nicely until the millets soften.
- Steam the rice for 2 - 3 minutes and then squeeze in the lemon juice and give a quick stir
- Garnish it with coriander and your rice are ready to serve



LUNCH

LUNCH 7: DRY FRUIT BARNYARD MILLET BURFI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 221 kcal |
| Protein | 4 g |
| Carbohydrates | 33 g |
| Fat | 8.5 g |
| Fiber | 3 g |

Preparation time - 45 mins
Cooking time - 20 mins
Serving size - 4

Ingredients:

- Barnyard Millet - 100 g
- Milk - 250 ml
- Sugar - 50 g
- Ghee - 4 Tbsp
- Dry Fruits - handful

Instruction:

- Wash and grind the Barnyard Millet
- Heat ghee in a pan and mix it with barnyard millet
- Cook flour on low flame with continuous stirring for 10 minutes
- Boil milk and sugar in another pan to make condensed milk
- Finally combine all the ingredients and continuously stir to prepare the final dish.
- Once the mixture thickens, remove it from the gas.
- Grease the pan and pour the mixture and let it rest and put in the refrigerator.
- Cut into pieces and serve



DINNER

DINNER 1: RAGI NEER DOSA



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 102 kcal |
| Protein | 3 g |
| Carbohydrates | 12 g |
| Fat | 4.5 g |
| Fiber | 2 g |

Preparation time - 30 mins,
Cooking time - 20 mins
Serving size - 2

Ingredients :

- Ragi - 30 g
- Rice - 20 g
- Water - 5 ml
- Salt - 5 g

Instruction:

- Soak ragi and rice overnight, make a smooth paste preferably thin. Let it ferment in a warm place for 4 hours.
- Heat a pan and add oil - spread the dosa batter evenly and let it cook for 5 mins.
- The Ragi Neer dosa is ready.
- Repeat the process to make more dosas.
- Serve hot



DINNER

DINNER 2: RAGI AMBALI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 148 kcal |
| Protein | 4 g |
| Carbohydrates | 27 g |
| Fat | 2 g |
| Fiber | 3 g |

Preparation time - 30 mins

Cooking time - 20 mins

Serving size - 6

Ingredients:

- Ragi flour - 20 g
- Buttermilk - 60 ml
- Water - 30 ml
- Jaggery - 10 g
- Salt - 5 g
- Onion - 10 g
- Curry leaves - 5 g
- Cumin powder - 5 g
- Asafoetide - 2 g
- Lemon juice - 3 ml

Instruction:

- Dissolve ragi flour in water, cook the mixture on low heat.
- Now add jaggery, salt and mix well.
- Cook well with continuous stirring.
- Ragi flour mixture thickens and changes in colour (this takes around 5 to 8 minutes).
- Cool the mixture, add buttermilk, and mix well.
- Add finely chopped onion, curry leaves, roasted cumin powder, asafoetida and lemon juice.
- Adjust the salt as per taste.
- Mix everything well.
- Serve this healthy nutritious ragi ambali.



DINNER

DINNER 3: KODO MILLET PANIYARAM



Preparation time - 10 mins + 4 hrs soaking and overnight fermentation
Cooking time - 30 mins
Serving size - 4

Ingredients :

For the Batter

- Kodo Millet - 1 cup
- Urad Dal - 1/4 cup
- Fenugreek Seeds - 1 Tbsp
- Salt - 1 Tbsp
- Cooking Oil

For the Masala

- Onions finely chopped - 1 cup
- Green Chillies - 2-3 nos
- Carrot grated - 1/2 cup
- Coriander Leaves - 3 Tbsp
- Mustard Seeds - 1/2 Tbsp
- Urad Dal - 1/4 Tbsp
- Handful Curry Leaves
- Cumin Seeds - 1/2 Tbsp
- Chana Dal - 1/2 Tbsp
- Cashew Nuts broken - 5
- Salt to taste
- Cooking Oil

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 202 kcal |
| Protein | 6 g |
| Carbohydrates | 31 g |
| Fat | 4 g |
| Fiber | 4 g |

Instruction:

For the Batter

- Wash the millets and urad dal with fenugreek seeds in water and soak it separately for at least 3 to 4 hours.
- Drain completely and grind the urad dal and millets separately in a mixer
- Grind both to a smooth paste and mix both batters well after adding salt
- Let it ferment overnight or at least 8 hours.
- When the batter is well fermented, mix with a ladle.
- This can be refrigerated for at least 2 to 3 days

Making the Paniyaram

- When you are going to make the paniyaram, take the required amount of batter you require.
- Check if the batter has the dosa consistency, add water if required.
- To the bowl, add finely chopped onions, grated carrot, and green chilies.
- In a small pan, heat a Tbsp of cooking oil and temper with mustard, urad dal, chana dal, curry leaves, cumin and mix well
- Pour this over the batter.
- Grease the Paniyaram pan with cooking oil, simmer and pour to fill the dents.
- Sprinkle a few drops of oil, cover, and cook on low flame till the bottom gets cooked.
- Using the wooden stick, flip to the other side.
- Cook till done, remove, and serve with side dishes.



DINNER

DINNER 4: BARNYARD MILLET DOSA



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 231 kcal |
| Protein | 10 g |
| Carbohydrates | 43 g |
| Fat | 1.6 g |
| Fiber | 8 g |

Preparation time - 10 hrs
Cooking time - 15 mins
Serving Size - 5

Ingredients:

- Barnyard Millet Kuthiraivali - 1 1/2 Cups
- White Urad Dal - 1/2 Cups
- Chana Dal -
- Fenugreek seeds Methi - 1 Tbsp
- Poha Beaten rice - 1/4 Cups
- Salt to taste

Instruction:

Soaking & Grinding Millets:

- To a bowl add the millets, urad dal, chana dal, fenugreek seeds and Poha. Wash a couple of times under running water.
- Soak all the ingredients together in lots of water. Soak for at least 5 hours.
- Before grinding, wash again and drain the water.
- Now, grind in batches depending on the quantity soaked and your blender capacity.
- Add very little water (around one cup in total) to aid grinding. Grind to a smooth paste.
- Transfer to a container that has enough room for the batter to ferment.
- Add salt and mix well. Keep it in a warm place and ferment for at least 10 to 12 hours. The fermentation time depends on your climate.
- Once the batter is fermented, mix well and store in the refrigerator and use it within 3 days.

Barnyard Millet Dosa:

- Add water to the batter to get the right consistency. Dosa batter should be of pouring consistency. Make sure it's neither too thick nor too watery.
- Heat a griddle over medium high heat. Pour a ladleful of dosa batter over the skillet and spread the batter evenly in circular motion starting from the centre.
- Pour a Tbsp of oil or ghee around the edges of the dosa and cook the dosa for about half a minute on each side, until light brown. Fold and remove.

Barnyard Millet Masala Dosa:

- Make plain millet dosa as explained above and add a spoonful of potato masala in the centre. Cook until golden brown and fold the dosa.
- Serve with chutney of your choice or with gun powder.



DINNER

DINNER 5: KUTTU DOSA



Preparation time - 15 mins
Cooking time - 5 mins
Serving Size - 6

Ingredients :

For Crepes/Dosa:

- Buckwheat Flour - 1 Cup
- Samak Chawal - 1/2 Cup
- Spinach - 1/4 Cup,
- Fresh or Frozen Plain Yogurt - 1/2 Cup
- Water - 1/4 Cup
- Salt - as per taste
- Olive Oil - 2 Tbsp

Vrat Aloo ki Sabji:

- Boiled Potato - 2, peeled and cut into bite - size
- Green Chili - 1, chopped
- Mustard Seeds - 1/4 Tbsp
- Coconut Flakes - 2 Tbsp, Optional
- Olive Oil - 1 Tbsp for cooking

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 209 kcal |
| Protein | 3.6 g |
| Carbohydrates | 20 g |
| Fat | 13 g |
| Fiber | 2.6 g |

Instruction:

For Making Crepes/Dosa:

- Using a hand blender or food processor, grind buckwheat flour, sama ka chawal and spinach together.
- Add yogurt, water, salt to form a smooth batter (Batter should be slightly thick and not runny). Keep aside.
- Heat a Tbsp of oil in a large skillet/non - stick pan for about a mins. Pour about 2 ladle of batter and swirl to form the shape of crepe and cook for about 2 minutes on low flame.
- Lightly, flip the crepe to another side and cook for another 2 minutes (You can cook more or less as per taste. For crispy brown, you may cook for another minute).

For Making the Potato Scramble:

- Heat 2 Tbsp oil for a minute.
- Add mustard seeds, as soon as they crackle, salt and potatoes.
- Stir potatoes to mix with oil and mustard seeds.
- Cook over medium heat till potatoes are nicely cooked and browned(Takes about 2 - 3 minutes).
- Turn off the heat and add chopped cilantro, chili and coconut flakes.
- Toss them lightly and serve separately or filled in each crepe.
- Serve with curd



DINNER

DINNER 6: RAGI MUDDU



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 218 kcal |
| Protein | 4 g |
| Carbohydrates | 39 g |
| Fat | 5 g |
| Fiber | 6.5 g |

| | |
|------------------|-----------|
| Preparation time | - 5 mins |
| Cooking time | - 10 mins |
| Serving Size | - 4 |

Ingredients:

- Ragi flour - 1 cup
- Water - 2 ¼ Cups
- Salt to taste
- Ghee / clarified butter - 1 + 2 Tbsp

Instruction:

- To begin making the Ragi Muddu Recipe, heat 2 cups of water in a saucepan and add salt to it.
- In a small bowl take 2 tbsp ragi flour and 1/4 cup water and make lump free mixture
- Add the ragi mix to the boiling water and stir continuously and slowly it starts to thicken.
- Now add the remaining ragi flour by spreading evenly and boil for a minute without disturbing.
- Now with help of spatula break the start mixing and break the lumps. Mix continuously in one direction
- Make sure the heat is on low and ensure you keep stirring until it thickens completely
- Once you notice the ragi has thickened, continue stirring and add 2 tablespoons of ghee and keep stirring until you see the ragi has got a shine on it.
- Cover the pot and let it steam for about 5 min in low flame. Turn of the heat and let is rest for other 5 mm
- In order to shape ragi muddu to balls, grease a bowl with oil or ghee. Place 2 large tablespoons of ragi muddu and start twirling it around till it forms a nice smooth ball.
- Once done, the ragi muddu can be served hot. Note that the ragi muddu needs to be shaped into a ball while it is hot Using a small bowl, helps in shaping the ragi muddu
- 11. Serve the Ragi Muddu with hot curry.



DINNER

DINNER 7: JONNALU ROTULLU



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 202 kcal |
| Protein | 6 g |
| Carbohydrates | 31 g |
| Fat | 4 g |
| Fiber | 4 g |

Preparation time - 5 mins
Cooking time - 15 mins
Serving Size - 1

Ingredients :

- Sorghum flour - 40 g
- Salt - To taste

Instruction:

- Add hot water to the sieved sorghum flour. Knead into smooth soft dough.
- Make round ball (approx 40 g) and spread it into round shape on wooden plate by using a rolling stick or by pressing with the palm.
- Bake the roti properly on both the sides of a preheated tawa.
- Serve hot with any curry or dal.



SNACKS

SNACKS 1: CHETTINAD MILLET PANIYARAM



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 100 kcal |
| Protein | 2.6 g |
| Carbohydrates | 9 g |
| Fat | 6 g |
| Fiber | 1.6 g |

Preparation time - 5 mins+ fermentation
Cooking - 20 mins
Serving size - 20pcs

Ingredients:

- Rice flour - 40 g
- Jowar - 10 g
- Chopped carrot - 10 g
- Chopped beans - 10 g
- Chopped cabbage - 10 g
- Chopped onion - 10 g
- Ginger - 5 g
- Jeera - 3 g
- Water - 2.5 ml
- Oil - 30 ml

Chettinad masala

- Coriander seeds - 10 g
- Jeera - 3 g
- Fennel - 3 g
- Cumin - 3 g
- Ajwain - 3 g
- Cloves - 3 g
- Cardamom - 3 g
- Methi seeds - 3 g
- Mace/javitri - 3 g
- Black peppercorns - 3 g

Instruction:

For the Batter

- Wash the millets and soak in water separately for at least 3 to 4 hours.
- Drain completely and grind the millets in a mixer.
- Let it ferment overnight or at least 8 hours.
- When the batter is well fermented, mix with a ladle.

Making the Paniyaram

- Take the required amount of batter you require. Check if the batter has the dosa consistency, add water if required.
- Grind and mix the ingredients under chettinad masala. Add little water if required.
- In a small pan, heat a Tbsp of cooking oil and add all the ingredients for paniyaram and mix well.
- Pour this over the batter.
- Grease the Paniyaram pan with cooking oil, simmer and pour to fill the dents.
- Sprinkle a few drops of oil, cover, and cook on low flame till the bottom gets cooked.
- Using the wooden stick, flip to the other side.
- Cook till done, remove, and serve with chettinad masala.



SNACKS

SNACKS 2: NEER MOR



Preparation time - 30 mins
Serving Size - 2

Ingredients :

- Ginger - 5 g
- Coriander seeds - 5 g
- Coriander leaves - 5 g
- Mustard seeds - 2 g
- Curry leaves - 3 g
- Asafoetide - 2 g
- Oil - 5 ml
- Dahi - 20 g
- Water - 100 ml
- Black salt - 3 g
- Roasted Ragi flour - 10 g

| Nutritional Value (per serving) | |
|---------------------------------|---------|
| Energy | 85 kcal |
| Protein | 2 g |
| Carbohydrates | 3 g |
| Fat | 2.5 g |
| Fiber | 1.8 g |

Instruction:

- Take dahi and beat well. Add water and roasted ragi flour to make chaas . Mix well.
- Take a pan and heat oil. Add mustard seeds, let it splutter.
- Add coriander seeds, Asafoetide, ginger and curry leaves.
- Pour the tempering on the curd mixture.
- Add black salt and coriander leaves. Mix and serve cold.



SNACKS

SNACKS 3: AMARANTH CHIKKI (RAJGIRA CHIKKI)



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 152 kcal |
| Protein | 4 g |
| Carbohydrates | 19 g |
| Fat | 7 g |
| Fiber | 2 g |

Preparation time - 5 mins
Cooking time - 20 mins
Serving size - 6

Ingredients:

- Amarnath (Rajgira) - 1 Cup
- Almonds - 1/2 Cup
- Jaggery - 1/2 Cup
- Some dry coconut slices for garnishing
- Water - 1 Tbsp

Instruction:

- Heat up a pan or kadai with a heavy base, once it is nicely warmed up, start roasting the rajgira in small batches of 1 Tbsp at a time. Keep stirring, until they puff/pop up well. This will take few seconds (make sure the pan is moderately hot but not at a very high temperature or very low)
- Sieve roasted rajgira through a large sifter and keep the puffed rajgira in a large bowl.
- Add Dry Roast Almonds in a pan till they turn slightly dark brown. Once cool, chop them in small pieces.
- To make jaggery syrup in the same pan pour 2 Tbsp of water and add jaggery and melt it on low to medium heat.. keep stirring occasionally.
- Add the melted jaggery and Almonds to the puffed rajgira and mix everything very well.
- Take out the mixture on a greased tray or plate, let it Cool slightly, Flatten with the back of a spoon or bowl, garnish with thin slices of dried coconut
- Cut into Pieces with a sharp knife and then it's ready to serve



SNACKS

SNACKS 4: NACHNI LADOO



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 182 kcal |
| Protein | 1.5 g |
| Carbohydrates | 26 g |
| Fat | 7.4 g |
| Fiber | 2.3 g |

Preparation time - 5 mins
Cooking time - 25 mins
Serving - 6

Ingredients :

- Ragi Flour (nachni or finger millet flour) - 1.5 cups
- Organic powdered jaggery - $\frac{3}{4}$ cup
- Ghee - $\frac{1}{3}$ cup
- Cardamom powder - $\frac{1}{2}$ Tbsp
- Roasted Ragi flour - 10 g

Instruction:

- Take 1.5 cups of ragi flour in a kadai or a thick bottomed broad pan.
- Keep the pan on a low flame to roast the ragi flour. Roast till the color changes and you get a nice aroma from the ragi flour. About 6 to 8 minutes on a low flame.
- Then add ghee in the flour. The ghee will melt. Begin to mix the ghee with the flour.
- Keep on stirring and roasting this mixture for 5 to 7 minutes more.
- Do check the taste of the ragi flour and you will get a crunchy taste. There should be no rawness in the taste.
- Then switch off the flame. Place the pan down.
- Add cardamom powder and jaggery powder. Begin to mix very well.
- Let this ragi ladoo mixture become warm, then mix everything again very well with your hands and break small lumps if any with your hands.
- Take a portion of the mixture and shape into ladoos.
- If you are unable to form ragi ladoos, then add a Tbsp of ghee, which is at room temperature. Mix again very well and begin to shape the ragi ladoos.
- Serve the ladoos.



SNACKS

SNACKS 5: MILLET PONGAL (SAVOURY)



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 229 kcal |
| Protein | 7 g |
| Carbohydrates | 21 g |
| Fat | 13 g |
| Fiber | 4 g |

Preparation time - 5 mins
Cooking time - 20 mins
Serving size - 3

Ingredients:

- Foxtail millet - ½ cup
- Yellow Moong Dal - ½ cup
- Water +1 cup extra to adjust consistency - 4 cups
- Ghee/Clarified Butter (Vegans can replace ghee with oil) - 2 Tbsp
- Cumin (jeera) seeds - 1 Tbsp
- Whole Black Pepper/Peppercorns - ½ Tbsp
- Green chilies - 2-3
- Ginger finely chopped - 1 Tbsp
- Stalk curry leaves - 1
- Cashew nuts - 8-10
- A big pinch Asafoetide (Asafoetida)
- Salt to taste

Instruction:

- Heat a pressure cook and add ghee
- Once hot, add in the jeera, black pepper. Saute for a few seconds
- Next, add the green chilies, ginger, curry leaves, cashew nuts, and asafoetida. Saute for another 30 secs till cashews turn light golden brown.
- Next, add the rinsed moong dal and saute well for 1-2 minutes until dal turns light brown or aromatic.
- Then add the millets, water, and salt to taste. Mix well. Close the lid on and pressure cook on high flame for 8 minutes.
- Once the pressure is released, open the lid and mix millet Pongal well.
- Serve Foxtail Millet Pongal with yogurt, raita, or coconut chutney.



SNACKS

SNACKS 6: KODO MILLET ADAI



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 211 kcal |
| Protein | 9 g |
| Carbohydrates | 38 g |
| Fat | 1 g |
| Fiber | 5 g |

Preparation time - 20 mins
Cooking time - 10 mins
Serving Size - 4

Ingredients :

- Kodo Millet - 1 cup
- Chana dal - ¼ cup
- Toor dal - ¼ cup
- Urad dal - 2 Tbsp
- Moong dal - 2 Tbsp
- Poha - 2 Tbsp
- Red Chilli - 6
- Asafoetida - ½ Tbsp
- Onion - 1
- Coriander leaves - 2 Tbsp, chopped
- Curry leaves - 1 sprig
- Ginger - 2 Tbsp, chopped
- Salt - as per taste

Instruction:

- Soak the dals and kodo millet for 3 hours.
- In a blender add the spices, salt, asafoetida and grind to a fine powder
- Add soaked millet and dals in a mixer to make a smooth paste.
- Combine the spices and the batter and add all the remaining vegetables and set aside for 30 minutes.
- Heat a tawa on medium flame and make small and thick Adai. Allow to cook on one side.
- Add some oil along the edges and flip it to the other side.
- Cook both the sides until golden brown.
- Serve it with fresh green chutney or any dip of your choice



SNACKS

SNACKS 7: SORGHUM PONGAL (SWEET)



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 268 kcal |
| Protein | 12 g |
| Carbohydrates | 44 g |
| Fat | 5 g |
| Fiber | 8 g |

Preparation time - 5 mins
Cooking time - 30 mins
Serving size - 3

Ingredients:

- Sorghum flakes - $\frac{1}{2}$ cup
- Moong dal - $\frac{1}{2}$ cup
- Milk - 2 cups
- Jaggery - 1 cup
- Cardamom powder - 1 Tbsp
- Ghee - 1 Tbsp
- Cashew nuts - 4-6
- Dry Coconut - as required.

Instruction:

- Cook moong dal till it becomes soft in a vessel with appropriate amount of water.
- Add sorghum flakes, milk. Cook till it turns very soft.
- Add 1 cup jaggery and cardamom powder.
- Heat ghee, fry cashew nuts, dry coconut and add to sweet pongal. Serve hot.



SNACKS

SNACKS 8: KODO MILLET PAYASAM



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 127 kcal |
| Protein | 1.2 g |
| Carbohydrates | 24 g |
| Fat | 2.9 g |
| Fiber | 1 g |

Preparation time - 20 mins
Cooking time - 10 mins
Serving Size - 6

Ingredients:

- Kodo millet - 150 g
- Sugar - 25 g,
- Milk - 250 ml,
- Saffron - 4 - 5 threads
- Dry fruits (cashew, almond and pista) - 50 g
- Ghee - 30 ml

Instruction:

- Cook together kodo millet, saffron and milk on slow heat until the millet gets mashed.
- Add sugar and cook payasam.
- Heat ghee in a pan, add all dry fruits and roast until golden colour and add to the cooked payasam.
- It can be served hot or cold.



SNACKS

SNACKS 9: AMARANTH SESAME SOUP



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 249 kcal |
| Protein | 7.5 g |
| Carbohydrates | 20 g |
| Fat | 15.5 g |
| Fiber | 5.5 g |

Preparation time - 15 mins
Cooking time - 5 mins
Serving Size - 2

Ingredients:

- Amaranth leaves - 1 Bunch
- Cumin seeds - ½ Tbsp
- Sesame seeds - 20g
- Amaranth seeds - 50g
- Onion - 1 large
- Chilies & garlic - 1 Tbsp
- Tamarind paste - 1 Tbsp
- Masala powder - 1 Tbsp
- Turmeric powder - 1 Tbsp
- Asafoetida - 1/3 Tbsp
- Oil - 1 Tbsp
- Salt (as required)
- Water - as per requirement

Instruction:

- Cut the whole bunch of amaranth into about 2.5 cm slices, from the stems to the head. If the stems are very coarse and fibrous, discard them.
- Pour oil in a pan and fry garlic, cumin, onion and chilies together until it gets roasted.
- Now, cook the amaranth with the fried mix.
- Add the tamarind paste, turmeric, salt, and masala powder.
- Boil well and add the sesame powder and amaranth powder. Mix very well and bring back to the boil again.
- Add the asafoetida water and mix well while the soup simmers.
- Boil for 2 mins and the soup is ready.
- Serve and enjoy!



SNACKS

SNACKS 10: BARNYARD MILLET DUMPLING (KUTHIRAIVALI KOLUKATTAI)



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 158 kcal |
| Protein | 3 g |
| Carbohydrates | 19 g |
| Fat | 8 g |
| Fiber | 3 g |

Preparation time - 30 mins
Cooking time - 10 mins
Serving Size - 4

Ingredients :

- ✿ Barnyard Millet - 1 cup
- ✿ Water - 2 1/2 cups
- ✿ Coconut Oil - 1 Tbsp
- ✿ Chana Dal - 1 Tbsp
- ✿ Urad Dal - 1 Tbsp
- ✿ Mustard Seeds - 1/2 Tbsp
- ✿ Green Chillies - 1-2, finely chopped
- ✿ Coconut - 2 Tbsp, freshly grated
- ✿ Asafoetide or asafoetida - a pinch
- ✿ Curry leaves, few, torn into pieces
- ✿ Salt to taste.

Instruction:

- ✿ Wash and Soak barnyard millet for at least 15 to 20 mins.
- ✿ After 20 mins, drain the water and keep aside.
- ✿ Heat a thick bottom kadai or pan, add coconut oil, mustard seeds, urad dal, chana dal, green chillies, Asafoetide, curry leaves.
- ✿ Once mustard seed crackles, add water and salt to taste.
- ✿ Once the water starts boiling, reduce the flame and slowly add the soaked and drained barnyard millet. Keep mixing while you add the millets.
- ✿ Now add the grated coconut and keep mixing it. The millets would thicken up after a few minutes.
- ✿ Once it forms a thick mass, switch off the flame and let it cool slightly.
- ✿ Meanwhile, prepare a steamer for steaming the kozhukattais.
- ✿ Shape the kozhukattai and place them in the hot steamer. Steam them for at least 10 minutes until soft. Serve immediately with coconut chutney



SNACKS

SNACKS 11: BARNYARD MILLET CHOCO BEETROOT CARROT CAKE



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 251 kcal |
| Protein | 3 g |
| Carbohydrates | 3 g |
| Fat | 14 g |
| Fiber | 4 g |

Preparation time - 40 mins
Cooking time - 30 mins
Serving Size - 10

Ingredients:

- Barnyard millet flour - 150 g
- Sugar - 150 g
- Butter - 150 ml
- Milk - 50 ml
- Curd / Yogurt - 50 ml
- Baking powder - 5 g
- Baking soda - 5 g
- Cocoa Powder - 60 g
- Beetroot - 75 g
- Carrot - 75 g (1 Small carrot + 1 Small beetroot)
- Vanilla essence - 5 g
- Salt - 1 pinch
- Pepper - to taste

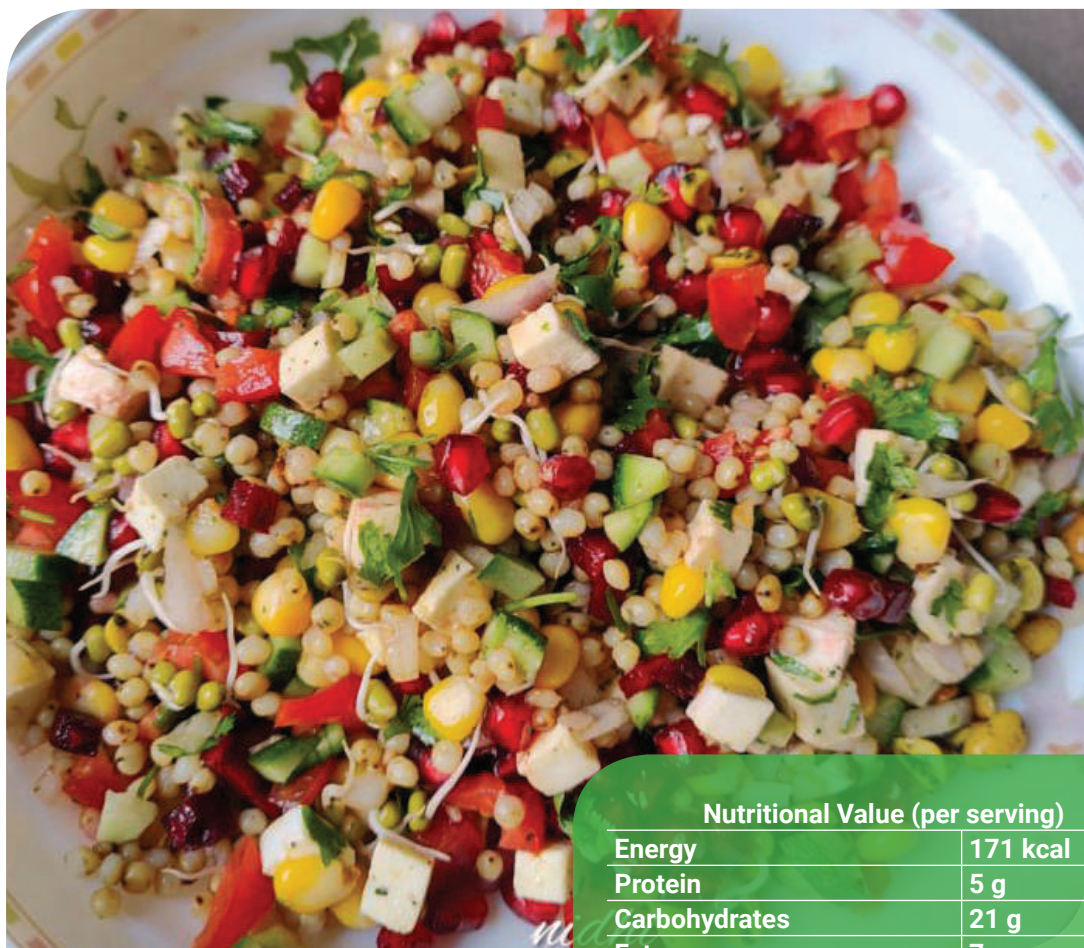
Instruction:

- Sieve barnyard millet flour, cocoa, baking powder, baking soda and salt set aside.
- Take butter, sugar in a bowl and beat until creamy.
- Now add in milk vanilla essence, and curd mix well.
- Then add the dry ingredients and fold to combine.
- Add the grated beetroots and carrot mix well.
- Spoon this into a square pan and bake for 30 to 40 mins.
- Tap the cake pan on a countertop to release any large air bubbles.
- Bake the cake for 30-40 mins on preheated oven at 180°.
- Remove from the oven and let it cool down.



SNACKS

SNACKS12: JOWAR SALAD



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 171 kcal |
| Protein | 5 g |
| Carbohydrates | 21 g |
| Fat | 7 g |
| Fiber | 5 g |

Preparation time - 5 mins
Cooking time - 20 mins
Serving Size - 2

Ingredients :

- Jowar seeds (sorghum) - 1 cup
- Oil - 1 Tbsp
- Mustard seeds - 2 Tbsp
- Curry leaves - 15 - 20
- Green chillies (de-seeded)
- Ginger - 1 Tbsp
- Carrot (diced) -
- Onion, chopped - 1/2
- Capsicum, chopped - 1 cup
- Pepper to taste
- Salt to taste

Instruction:

- Soak the jowar seeds overnight and boil it in the same water for 15 minutes with 2 garlic cloves.
- Heat the oil in a pan. Add mustard seeds, curry leaves, green chillies and ginger.
- When the seeds splutter, add onion, after a minute add carrot and capsicum. Stir fry.
- Add the salt, pepper & cooked jowar. Toss well.
- Garnish with coriander leaves and serve.



SNACKS

SNACKS 13: BAKED RAGI CHAKLI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 151 kcal |
| Protein | 5 g |
| Carbohydrates | 31 g |
| Fat | 2.4 g |
| Fiber | 2.4 g |

Preparation time - 10 mins
Cooking time - 25 mins
Serving Size - 10

Ingredients:

- Ragi flour - 250 g
- Besan flour - 150 g
- Ginger - 5 g
- Chili - 5 g
- Garlic paste - 2 g
- Salt - 5 g
- Oil - 10 ml

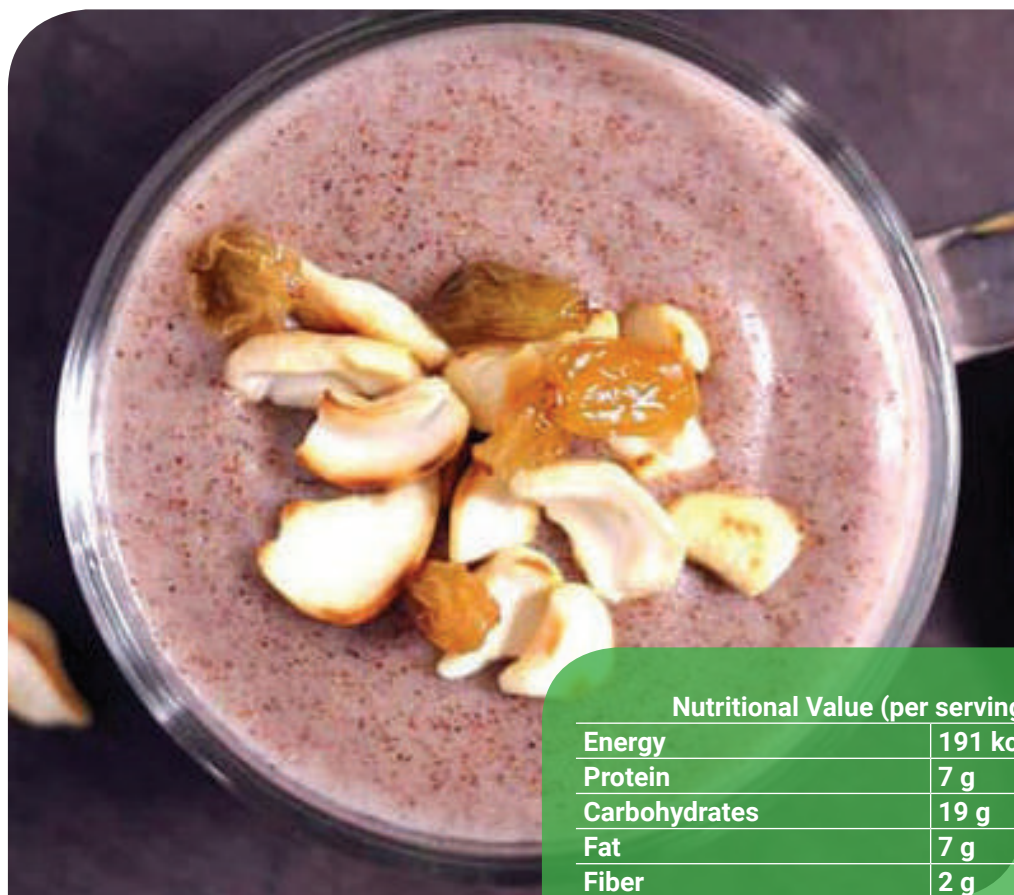
Instruction:

- Take the dry ingredients and knead them together. Add oil and the required amount of water.
- Let it become a semi - soft dough. Make two equal sizes.
- Take one half of the dough into a Chakli machine.
- Press out roundels of the dough. Put chaklis in a preheated oven. Temperature should be around 360° F for 15 - 20 minutes.
- Take the other half and repeat the same process. Let it cool, the Chakli whirls are ready to use.



SNACKS

SNACKS 14: STRAWBERRY FINGER MILLET SMOOTHIE



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 191 kcal |
| Protein | 7 g |
| Carbohydrates | 19 g |
| Fat | 7 g |
| Fiber | 2 g |

Preparation time - 10 mins

Serving Size - 2

Ingredients :

- Strawberries - 5 - 8
- Milk - ½ litre
- Finger Millet flour - 2 Tbsp (Roasted)
- Nuts - For Toppings
- Honey - 1 Tbsp
- Cardamom powder - a pinch

Instruction:

- Roast finger millet flour on low flame till colour change and nutty smell.
- Wash and cut the strawberries into small pieces and keep aside.
- Add roasted finger millet flour, strawberries, cardamom powder, honey and milk into a blender.
- Blend to a smooth consistency.
- Serve chilled with topping of nuts of choice.





**East and
North -
East Region
Millet Menu**

Buck Wheat Millet



BREAKFAST

BREAKFAST 1: TSAMPA - MILLET PROTEIN SHAKE



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 188 kcal |
| Protein | 6 g |
| Carbohydrates | 30 g |
| Fat | 5 g |
| Fiber | 2.5 g |

Preparation time - 20 mins
Cooking time - 10 mins
Serving size - 2

Ingredients :

- Ragi flour - 20 g
- Milk - 100 ml
- Banana - 40 g
- Horlicks/chocolate - 30 g
- Almonds - 10 g

Instruction:

- Roast the ragi flour and keep it aside to cool.
- In a blender add all the ingredients and make it into a thick paste.
- Your drink is ready to be served chilled.



BREAKFAST

BREAKFAST 2: GUR WALI MAHERI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 150 kcal |
| Protein | 5 g |
| Carbohydrates | 18 g |
| Fat | 6 g |
| Fiber | 0.7 g |

Preparation time - 5 mins
Cooking time - 15 mins
Serving Size - 2

Ingredients:

- Crushed Bhagar - 15 g
- Curd - 300 g
- Water - 100 ml
- Jaggery - 20 g
- Ealaichi powder - 2 g

Instruction:

- In a pan, heat water and mix curd in it. Add jaggery and elaichi powder to it.
- Add the crushed bhagar and cook until the porridge is consistent.
- Serve hot or cold.



BREAKFAST

BREAKFAST 3: RAGI PORRIDGE (FINGER MILLET PORRIDGE)



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 316 kcal |
| Protein | 6 g |
| Carbohydrates | 49 g |
| Fat | 11 g |
| Fiber | 5 g |

Preparation time - 5 mins
Cooking time - 5 mins
Serving size - 1

Ingredients :

- Water at room temperature - 3/4 cup
- Ragi finger millet flour - 2 Tbsp
- Palm jaggery or sugar adjust to taste - 2-3 Tbsp
- A pinch of salt
- Milk or coconut milk - 1/4 cup
- To garnish optional
- Toasted almonds - 1 Tbsp

Instruction:

- Place the water in a saucepan and add the ragi flour and jaggery (or sugar) and whisk it together till it dissolves.
- Bring the mixture to a gentle boil on a low heat and whisk it continuously till it thickens. Take care to ensure that the heat is at a minimum to avoid scorching
- Whisk until the mixture is thick and leaves a trail. Add the milk and a pinch of salt and continue to whisk till you get a smooth, lump free mixture.
- Take the mixture off the heat and serve hot garnished with the toasted almonds.



BREAKFAST

BREAKFAST 4: SORGHUM AND FOXTAIL MILLET PORRIDGE



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 284 kcal |
| Protein | 7 g |
| Carbohydrates | 50 g |
| Fat | 6 g |
| Fiber | 3 g |

Preparation time - 20 mins
Cooking time - 10 mins
Serving Size - 1

Ingredients:

- Sorghum - 20 g
- Foxtail Millet - 200 g
- Water - 200 ml
- Sugar - 20g
- Salt to taste (if req)
- Milk - 100 ml

Instruction:

- Wash dehusked sorghum and foxtail millet. Cook in the pressure cooker, bring to full pressure on high heat, let it whistle for 6 - 8 times and remove from the heat. Release pressure
- Add milk, sugar/salt and stir constantly. (Add more water if required)
- Cook for another 10 minutes. Serve hot for breakfast.



BREAKFAST

BREAKFAST 5: MILLET DUSKA



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 205 kcal |
| Protein | 8.6 g |
| Carbohydrates | 26 g |
| Fat | 7 g |
| Fiber | 8 g |

Preparation time - 5 hrs
Cooking time - 15 mins
Serving size - 2

Ingredients :

- Kodo Millet - 1 cup
- Chana Dal - 1/2 Cup
- Urad Dal - 1/4 Cup
- Rice Flakes/Poha/Aval - 2 Tbsp
- Salt - 1 Tsp
- Jeera - 1/2 Tsp
- Chilli Powder - 1/2 Tbsp
- Turmeric Powder 1/4 Tbsp
- Finely Chopped Coriander Leaves - 1/4 Cup
- Grated Carrots - 2 Tbsp
- Finely chopped Cabbage - 2 Tbsp
- Asafoetida Powder - 1/8 Tbsp
- Green Chillies - 2

Instruction:

- Wash and soak dals together and Millet and poha together for 5 hours or overnight.
- Drain and first grind dals to a smooth fluffy batter by adding very little water. Remove and transfer to a wide bowl.
- Grind Millet along with jeera, green chillies and salt to a thick smooth batter. Add to the dal batter. Mix in coriander leaves, carrots, cabbage, asafoetida powder, turmeric powder and chilli powder. Give a good mix with your hand so that the batter becomes fluffy.
- The batter should be of thick dosa batter consistency.
- Heat a paniyaram pan and add some oil in each mould. Pour batter up to 3/4th level and cook on medium heat till the bottom portion becomes crisp and golden in colour. Once done, flip and cook the other side till crisp. Serve with aloo matar sabji or some spicy chutney.



BREAKFAST

BREAKFAST 6: RAJGIRA ALOO ROTI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 284 kcal |
| Protein | 42 g |
| Carbohydrates | 16 g |
| Fat | 12 g |
| Fiber | 9 g |

Preparation time - 10 mins
Cooking time - 10 mins
Serving Size - 3

Ingredients:

- Rajgira / amaranth flour - 2 cups
- Potatoes, medium boiled and mashed - 2
- Cumin seeds - 1 Tbsp
- Salt to taste
- Oil for shallow cooking - 2 Tbsp

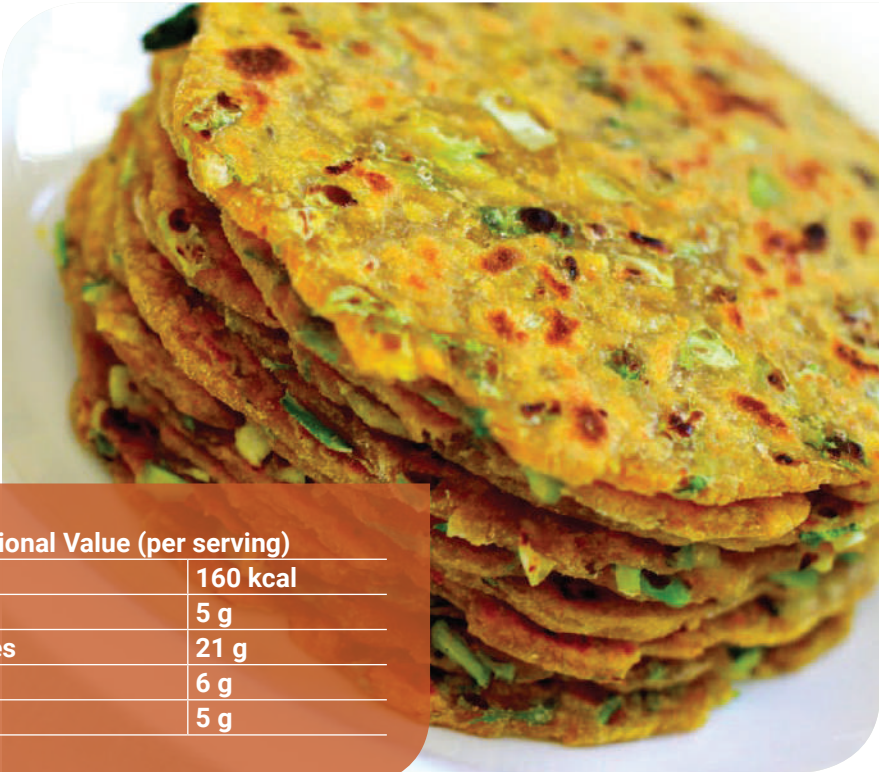
Instruction:

- In a large bowl, mix together rajgira flour, mashed potatoes, cumin seeds and salt.
- Little by little, add water and knead the mixture into a tight dough.
- Cover and rest the dough for half an hour.
- Divide the dough into small balls and roll them with your hands to form roti.
- Heat tawa or non - stick pan and cook the roti with some oil, until golden brown on both sides.
- Serve rajgira aloo roti hot.



BREAKFAST

BREAKFAST 7: AMARANTH KE PATTE KA PARATHA



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 160 kcal |
| Protein | 5 g |
| Carbohydrates | 21 g |
| Fat | 6 g |
| Fiber | 5 g |

Preparation time - 30 mins
 Cooking time - 10 mins
 Serving size - 2

Ingredients :

- Whole wheat flour - 30 g
- Jowar atta - 20 g
- Amaranth ke patte, chopped - 20 g
- Chana dal, soaked - 15 g
- Green chillies - 5 g
- Onions, chopped - 10 g
- Ginger - 5 g
- Salt - 5 g
- Coriander leaves - 5 g
- Water - 75 ml
- Oil - 10 ml

Instruction:

- Make a tight dough using jowar atta and whole wheat atta.
- Boil the chana dal .
- In a pan heat oil, add chopped ginger, chopped onions and amaranth ke patte.
- Add chana daal and cook well for stuffing .
- Flatten the dough and and fill it with the filling and cook for 5 mins on both sides..



LUNCH

LUNCH 1: VEGETABLE KHICHDI



Preparation time - 30 mins
Cooking time - 20 mins
Serving Size - 1

Ingredients:

- ✿ Bajra - 30 g
- ✿ Moong daal - 20 g
- ✿ Onions chopped - 10 g
- ✿ Tomatoes chopped - 10 g
- ✿ Cumin seeds - 2 g
- ✿ Green cardamom - 2 g
- ✿ Black peppercorns - 3 g
- ✿ Black salt - 5 g
- ✿ Cinnamon - 2 g
- ✿ Coriander leaves - 5 g
- ✿ Oil - 10 ml
- ✿ Water - 150 ml

Nutritional Value (per serving)

| | |
|---------------|-------------|
| Energy | 273.65 kcal |
| Protein | 9.19 g |
| Carbohydrates | 31.42 g |
| Fat | 12.4 g |
| Fiber | 6.42 g |

Instructions:

- ✿ Soak moong daal and millet together overnight.
- ✿ Boil in a pressure cooker until mashy .

For Tempering

- ✿ Heat oil in a skillet and add all the khada masala.
- ✿ Add onion and tomatoes, cook well .
- ✿ Add the boiled dal and bajra and cook well.
- ✿ Garnish it with coriander and serve hot.



LUNCH

LUNCH 2: TIRRE KI ROTI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 232 KCal |
| Protein | 10 g |
| Carbohydrates | 42 g |
| Fat | 2 g |
| Fiber | 7 g |

Preparation time - 20 mins
Cooking time - 10 mins
Serving size - 1

Ingredients :

- Whole wheat atta - 20 g
- Jowar ka atta - 20 g
- Besan ka atta - 20 g
- Salt - 5 g
- Water - 70 ml

Instruction:

- Mix all types of atta.
- Knead a proper dough and make small balls out of it and roll it flat.
- Cook on both sides for 2 mins each on a hot tawa.



LUNCH

LUNCH 3: PAN FRIED DHUSKA



Preparation time - 30 mins
Cooking time - 20 mins
Serving Size - 2

Ingredients:

- Jowar - 30 g
- Urad dal, soaked overnight - 20 g
- Coriander chopped - 5 g
- Onions, chopped - 10 g
- Tomatoes chopped - 10 g
- Oil - 10 ml
- Chana daal - 20 g
- Chickpeas, soaked overnight - 20 g
- Turmeric - 3 g
- Garam masala - 3 g
- Cumin seeds - 3 g
- Green chillies chopped - 5 g
- Ginger garlic paste - 5 g
- Water - 300 ml

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 210 kcal |
| Protein | 8.6 g |
| Carbohydrates | 26 g |
| Fat | 7 g |
| Fiber | 8.2 g |

Instruction:

- Make a paste of jowar and soaked urad dal and make small pancakes out of it.

For the sabzi

- Boil chickpea and chana daal.

Make a tempering

- Heat a pan, add oil, add cumin seeds and turmeric.
- Add onions tomatoes and cook well, add the boiled dal and chana and bring it to a boil. Garnish it with coriander leaves.



LUNCH

LUNCH 4: JOWAR PATI SAPTA



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 172 kcal |
| Protein | 2.9 g |
| Carbohydrates | 24.36g |
| Fat | 6.7 g |
| Fiber | 2.5 g |

Preparation time - 30 mins
Cooking time - 10 mins
Serving size - 2

Ingredients :

- Whole wheat atta - 20 g
- Jowar atta - 20 g
- Desiccated coconut - 30 g
- Jaggery - 20 g
- Cardamom powder - 2 g
- Water - 50 ml

Instruction:

- Add Jowar Atta, whole wheat atta and water. Make a thin batter and keep it aside.
- In a pan add jaggery and coconut and cook well. Add cardamom powder.
- Heat a nonstick pan, add oil and spread the batter.
- Add the filling and roll it into pancakes.
- Cook well and serve hot.



LUNCH

LUNCH 5: MILLET WITH VEGETABLE (GHALHO)



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 146 kcal |
| Protein | 6 g |
| Carbohydrates | 26 g |
| Fat | 2 g |
| Fiber | 5 g |

Preparation time - 10 mins
Cooking time - 30 mins
Serving Size - 1

Ingredients:

- Foxtail Millet - 40 g
- French beans leaves - 30 g
- Fresh Tender Bamboo slice - 40 g
- Water - 2 litre
- Salt - to taste

Instruction:

- Wash dehusked millet and keep aside. Wash fresh tender bamboo shoots and slice in small pieces.
- Cook the sliced bamboo shoots in boiling water for 15 minutes.
- Add millet, salt (less than usual) to the bamboo shoot and stir occasionally.
- When millet is cooked, add green leafy vegetables and stir well (Add more water if required)
- Cook for 3 minutes and remove from the flame/ fire.
- Serve with chutney



LUNCH

LUNCH 6: LITTLE MILLET TOMATO RICE



Preparation time - 10 mins
 Cooking time - 30 mins
 Serving size - 2

| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 255 kcal |
| Protein | 6 g |
| Carbohydrates | 41 g |
| Fat | 7 g |
| Fiber | 10 g |

Ingredients :

- ✿ Little millet - 1 cup,
- ✿ Onion - 1, chopped
- ✿ Carrot - 1 cup,
- ✿ Tomato - 2, chopped
- ✿ Green chilli - 1,
- ✿ Curry leaves - 1 spring,
- ✿ Ginger - 1 Tbsp [finely chopped],
- ✿ Mustard seeds - 1 Tbsp,
- ✿ Bengal gram - 1 Tbsp,
- ✿ Urad dal - 1 Tbsp,
- ✿ Turmeric powder - ¼ Tbsp,
- ✿ Red chilli powder - ¼ Tbsp,
- ✿ Coriander leaves - 2 Tbsp [chopped],
- ✿ Water - 1 ¾ to 2 cups,
- ✿ Salt to taste
- ✿ Oil - 2 Tbsp
- ✿ Green peas - ½ cup

Instruction:

- ✿ Wash and soak little millet for 15 mins.
- ✿ Heat oil in a pressure cooker, add mustard seeds and let it splutter.
- ✿ Then add bengal gram, urad dal saute gently then add onion, ginger, green chilli, green peas, carrot and curry leaves saute.
- ✿ Add tomato, turmeric and red chilli powder mix well till soft.
- ✿ Add water and salt and mix well and let it boil.
- ✿ Then add a little millet mix well then cover it and cook for 3 whistles.
- ✿ Then add coriander leaves, mix well and serve hot with coconut chutney or pickle.



LUNCH

LUNCH 7: MILLET CURRY



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 193 kcal |
| Protein | 3 g |
| Carbohydrates | 21 g |
| Fat | 11 g |
| Fiber | 4 g |

Preparation time - 5 mins
Cooking time - 15 mins
Serving Size - 4

Ingredients:

- Little millet - ¾ cup
- Finely onions - 1 cup
- Bay leaves - 4-5
- Grated fresh ginger - 1½ Tbsp
- Cloves garlic, minced - 2
- Drumstick - 1
- Unsweetened light coconut milk - 1 cup
- Raisins - 10
- Fresh black pepper - ⅛ Tbsp
- Lime juice - 1 Tbsp
- Salt to taste
- Coriander leaves - 2 Tbsp
- Water - 3 cup

Instruction:

- In a small saucepan bring 2½ cups of water to boiling. Stir in millet. Return to boiling; reduce heat. Simmer, covered, 10 minutes. (All of the water will not be absorbed.) Remove from heat. Let stand, covered, at least 10 minutes.
- Meanwhile, in a large skillet combine onions, bay leaves, ginger, garlic, and ½ cup water. Cook over medium 5 minutes, stirring occasionally. Add drumsticks; cook 8 to 10 minutes or until water is evaporated.
- Stir millet, coconut milk, raisins, and pepper into the mixture. Bring to boiling over medium - high; remove from heat. Remove and discard bay leaves. Stir in lime juice. Season with salt and, if desired, additional lime juice. Top servings with coriander leaves.



DINNER

DINNER 1: BAJRE KI RAAB



Preparation time - 30 mins
 Cooking time - 10 mins
 Serving size - 1

Ingredients :

- Bajra flour - 20 g
- Buttermilk - 50 ml
- Cumin seeds - 3 g
- Salt - 5 g
- Water - 50 ml

Nutritional Value (per serving)

| | |
|---------------|------------|
| Energy | 100.6 kcal |
| Protein | 4.33 g |
| Carbohydrates | 14.8g |
| Fat | 3.29g |
| Fiber | 2.3g |

Instruction:

- Mix butter milk and bajra flour in a bowl & add salt to it. Mix well so that no lumps are left in the liquid.
- Cover it with a lid and keep it on side for 1 - 2 hours. You can make this mixture ahead of time in the mornings.
- Add it in a saucepan and cook it on low flame with continuous stirring, preferably with a wooden ladle for about 25 - 30 minutes. You will notice it gets thickened when cooked.
- Stop cooking when it reaches about semi liquid/ pouring consistency. Sprinkle raw cumin seeds for garnishing.
- Raab/Raabdi will be thickened further upon cooling.



DINNER

DINNER 2: BIHARI KHICHDI



Preparation time - 30 mins
Cooking time - 20 mins
Serving Size - 1

Ingredients:

- Jowar - 30 g
- Moong dal - 20 g
- Onions chopped - 10 g
- Tomatoes chopped - 10 g
- Cumin seeds - 2 g
- Green peas - 20 g
- Carrots diced - 20 g
- Turmeric - 2 g
- Green chillies chopped - 2 g
- Mustard oil - 10 ml
- Water - 100 ml

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 288 kcal |
| Protein | 9.35 g |
| Carbohydrates | 37.22 g |
| Fat | 10.93 g |
| Fiber | 6.73 g |

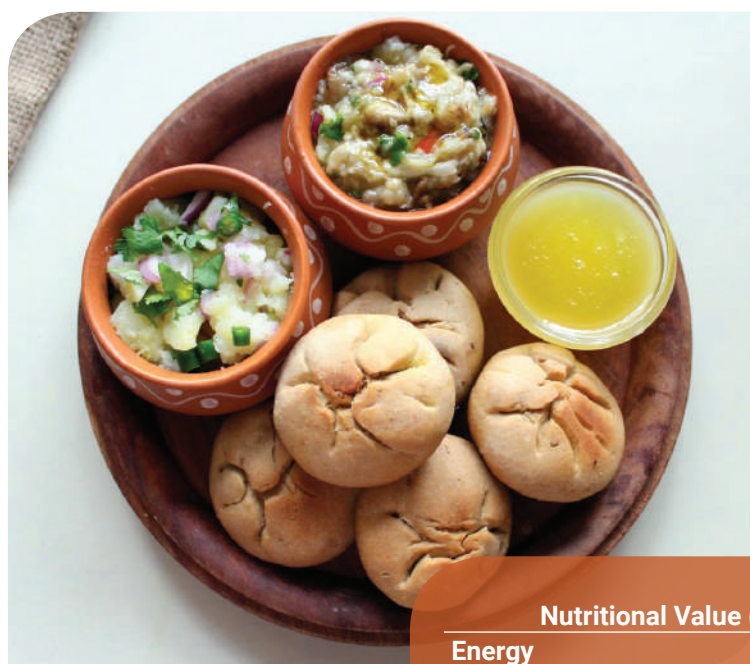
Instruction:

- Soak jowar and dal together for 30 mins and boil it in a pressure cooker.
- Heat oil in a pan and add cumin seeds and tumeric.
- Add chopped onion, green chillies, tomatoes and Saute.
- Add the vegetables and cook well .
- Add the boiled jowar and daal and cook well.
- Add salt as per taste.
- Garnish it with coriander and serve it hot.



DINNER

DINNER 3: MILLET LITTI CHOKHA



Preparation time - 10 mins
Cooking time - 20 mins
Serving size - 2

Ingredients :

Litti

- Whole wheat atta - 50 g
- Jowar atta - 20 g
- Water - 50 ml
- Salt - 5 g

Filling

- Sattu - 15 g
- Green chillies - 5 g
- Kalonji - 5 g
- Ginger chopped - 5 g
- Onions chopped - 10 g
- Mustard oil - 5 ml
- Salt - 3 g

Chokha

- Brinjal - 30 g
- Raw banana - 40 g
- Coriander leaves chopped - 5 g
- Onions chopped - 10 g
- Lemon juice - 3.5 g
- Mustard oil - 5 ml
- Salt - 5 g

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 191 kcal |
| Protein | 6.6 g |
| Carbohydrates | 35 g |
| Fat | 2 g |
| Fiber | 6 g |

Instruction:

For litti

- Make a stiff dough using wheat flour and jowar flour.

For filling

- Mix all the ingredients.
- Make small balls from the dough and fill in the mixture.
- Heat the air fryer and cook the littis for 15 mins at 200 degrees C

For chokha

- Roast brinjal and banana and mash them.
- Add chopped onion, coriander leaves, mustard oil, salt and lemon juice.
- Serve chokha with hot littis.



DINNER

DINNER 4: RAGI PAPAD KI SABZI



Preparation time - 10 mins
Cooking time - 15 mins
Serving Size - 2

Ingredients:

- Ragi papad - 20 g
- Oil - 30 ml
- Jeera - 5 ml
- Dahi - 2 g
- Turmeric - 35 g
- Asafoetide - 3 g
- Green chillies - 5 g
- Garlic crushed - 10 g
- Water - 40 ml
- Salt - 3.5 g

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 175 kcal |
| Protein | 1.2 g |
| Carbohydrates | 7.7 g |
| Fat | 15.7 g |
| Fiber | 2 g |

Instruction:

- Heat oil in a pan, add cumin, Asafoetide, turmeric and crushed garlic.
- Add water and dahi and cook well.
- Add the ragi papad and salt and cook well.
- Ragi Papad curry is ready to be served with boiled rice.



DINNER

DINNER 5: FINGER MILLET ROTI



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 158 kcal |
| Protein | 3.4 g |
| Carbohydrates | 25 g |
| Fat | 4.6 g |
| Fiber | 4 g |

Preparation time - 15 mins
Cooking time - 25 mins
Serving size - 15

Ingredients :

- ✿ Ragi flour (finger millet flour or nachni) - 2 cups
- ✿ Whole wheat flour - 1 cup
- ✿ Salt or add as required - 1 Tbsp
- ✿ Hot boiling water add as required
- ✿ Ghee or oil as required

Instruction:

- ✿ Take 2 cups of ragi flour and 1 cup whole wheat flour in a plate or a large bowl.
- ✿ Add boiling water. Mix everything with a spoon
- ✿ After mixing, wait for a few minutes till the heat is enough to handle.
- ✿ Knead when the mixture is still hot. Once you are able to form the dough, then keep on sprinkling warm water and knead till you get a soft dough.
- ✿ Cover and let the dough rest for 20 minutes.
- ✿ Then make medium sized balls from the dough.
- ✿ Flatten the ball. Start rolling the dough ball into a flat round circle. Turn on the gas stove and put the tawa to make it hot.
- ✿ Place the ragi roti on the hot tawa. Keep the flame high.
- ✿ When the roti has puffed well, then turn and keep the other side on fire and roast ragi roti for some seconds.
- ✿ Spread some ghee or oil on the rotis.



DINNER

DINNER 6: KODU KHICHARI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 274 kcal |
| Protein | 10.5 g |
| Carbohydrates | 43 g |
| Fat | 6.5 g |
| Fiber | 7 g |

Preparation time - 10 mins
Cooking time - 15 mins
Serving Size - 3

Ingredients:

- Kodo Millet - 1 cup
- Moong dal - 1 cup
- Carrot, beans, potato, onion - 30g each
- Garlic clove, ginger, green chili - 3 each
- Mustard oil - 1 Tbsp
- Cumin seed, salt and turmeric powder for seasoning

Instruction:

- Wash all the vegetables well and then chop them into medium size pieces.
- Take an equal amount of Millet and lentil i.e, Green gram (moong) dal and wash it properly.
- Heat water in a vessel and add all ingredients i.e millet, moong and vegetable.
- Add salt, turmeric powder too. Cook till it gets thick consistency.
- On the other hand, heat oil in a karahi (Pan), add cumin seed, chopped onion, garlic, ginger, green chili. Pour the hot oil mixture into the boiled khichdi. Mix it properly and serve hot.



DINNER

DINNER 7: KODO MILLET METHI RICE



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 213 kcal |
| Protein | 7.5 g |
| Carbohydrates | 40 g |
| Fat | 1.7 g |
| Fiber | 11 g |

Preparation time - 10 mins
 Cooking time - 30 mins
 Serving size - 2

Ingredients :

- Kodo millet - 1 cup
- Water - 3 cup
- Chopped methi leaves - 2 cups
- Chopped onions - 1/2 cup
- Chopped tomatoes - 1/2 cup
- Ginger garlic paste - 2 Tbsp
- Green chillies - 3
- Curry leaves - 8
- Salt - to taste
- Whole spices: bay leaf - 1 and Clove - 2

Instruction:

- Wash kodo millet rice and keep it aside. Chop all vegetables and keep it ready.
- Wash the methi leaves and chop them.
- Heat a teaspoon of oil in a pressure cooker. Add the whole spices and fry for a few minutes. Add curry leaves, chopped onions and fry till translucent.
- Add green chillies and ginger garlic paste and fry for a few minutes.
- Add 3 cups of water and when water comes to a boil, add kodo millet rice, chopped methi leaves and cook till 1 whistle in medium flame
- Serve hot with some raita.



SNACKS

SNACKS 1: BENGALI MILLET SHINGHARA



Preparation time - 30 mins
Cooking time - 10 mins
Serving Size - 3

Ingredients:

- Whole wheat atta - 30 g
- Jowar atta - 20 g
- Kalonji - 3 g
- Raw bananas - 20 g
- Coriander seeds - 3 g
- Carrots chopped - 10 g
- Cabbage chopped - 10 g
- Peanuts chopped - 10 g
- Beans chopped - 10 g
- Salt - 5 g
- Red chilli powder - 3 g
- Turmeric powder - 3 g
- Garam masala - 5 g
- Oil - 10 ml
- Water - 70 ml

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 116 kcal |
| Protein | 3 g |
| Carbohydrates | 13 g |
| Fat | 6 g |
| Fiber | 2.4 g |

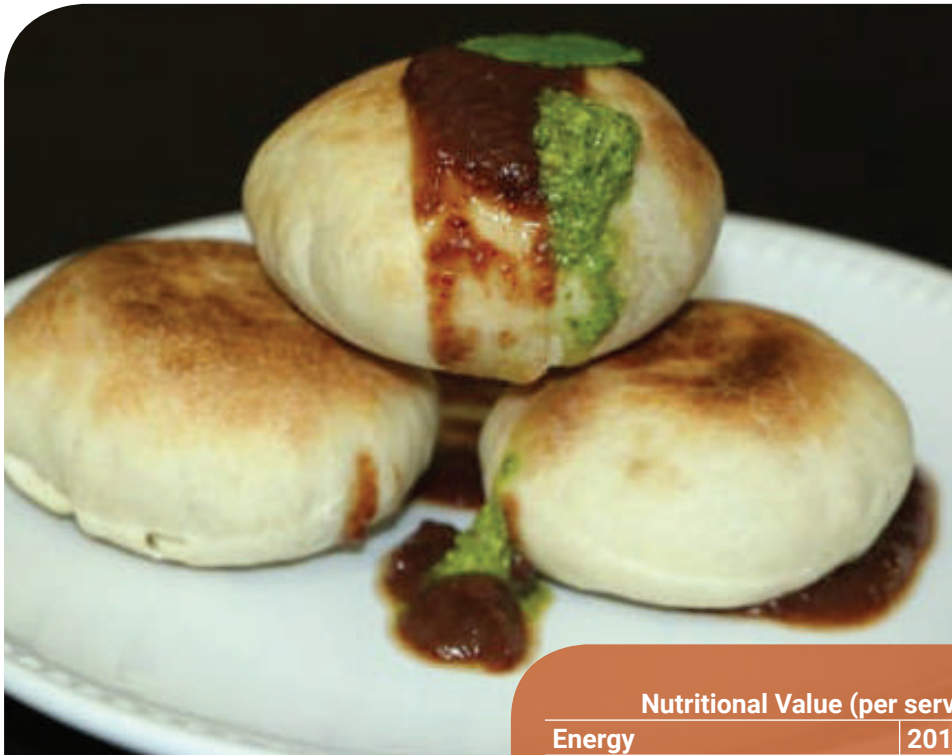
Instruction:

- Method - Make a dough and add kalonji to the dough
- For filling - boil the raw bananas and mash it. In another pan heat oil add all the ingredients and mashed raw banana, and cook well and keep aside
- Roll out the dough and cut in triangles and add the filling and make into samosa shapes.
- Heat the fryer and bake the samosas for 15 mins



SNACKS

SNACKS 2: SHEHAR WALI KHASTA KACHORI



Preparation time - 20 mins
Cooking time - 30 mins
Serving size - 2

Ingredients :

Dough

- Jowar - 20 g
- Atta - 30 ml
- Oil - 10 g
- Salt - 3 g
- Kalonji - 3 g
- Water - 60 ml

Masala

- Oil - 10 ml
- Cucumber chopped - 50 g
- Garam masala - 5 g
- Jeera - 3 g
- Ginger & garlic paste - 4 g
- Salt - 3 g
- Hung curd - 20 g

| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 201 kcal |
| Protein | 4 g |
| Carbohydrates | 19.4 g |
| Fat | 12 g |
| Fiber | 4 g |

Instruction:

- Make a semi - stiff dough of the ingredients mentioned above .
- Heat oil in a pan, add kalonji, ginger and garlic paste, onions and saute well.
- Add cucumber and hung curd and cook well .
- Stuff it in the dough as kachoris and cook in the oven at 200 degree C for 15 mins



SNACKS

SNACKS 3: SATTU KA SHARBAT



Preparation time - 15 mins
Cooking time - 10 mins
Serving Size - 2 Glasses

Ingredients:

- Sattu - 5 g
- Jowar roasted - 5 g
- Lemon juice - 3.5 g
- Black salt - 3 g
- Ginger - 5 g
- Green chillies - 5 g
- Chilled water - 100 ml

Nutritional Value (per serving)

| | |
|---------------|---------|
| Energy | 20 kcal |
| Protein | 1 g |
| Carbohydrates | 3.5 g |
| Fat | 0.2 g |
| Fiber | 0.5 g |

Instruction:

- Take a jug or bowl. Mix all the ingredients well.
- Keep aside for 5 mins for all the flavors to settle in.
- Serve cold



SNACKS

SNACKS 4: RAGI MOMOS



Preparation time - 20 mins
Cooking time - 30 mins
Serving size - 20 pcs

Ingredients :

Dough

- Ragi atta - 20 g
- Whole wheat atta - 30 g
- Oil - 5 ml
- Salt - 2 g
- Water - 35 ml

Filling

- Oil - 10 ml
- Salt - 10 g
- Garlic chopped - 30 g
- Onions chopped - 3 g
- Chopped raw papaya - 10 g
- Brown sugar - 12 g
- Peanuts - 10 g

Spicy momo chutney

- Mint - 10 g
- Tomato - 10 g
- Garlic - 5 g
- Salt - 2 g
- Red dried chillies - 5 g

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 109 kcal |
| Protein | 2.2 g |
| Carbohydrates | 13.5 g |
| Fat | 5 g |
| Fiber | 2 g |

Instruction:

- Make a hard dough out of the ingredients mentioned for making dough.
- Heat the pan, add oil and garlic. Add onion, raw papaya. Cook for 5 minutes. Add salt, brown sugar and roasted peanuts. Cook well and let it cool.

For chutney

- Blend all the ingredients together.
- Take a steamer and add water. Bring it to a boil. Grease the momo plates/molds.
- Make small dumplings using the dough and fill it with vegetable mixture. Steam for 15 mins.
- Serve hot with chutney.



SNACKS

SNACKS 5: BAFAURI



Nutritional Value (per serving)

| | |
|---------------|---------|
| Energy | 53 kcal |
| Protein | 3.2 g |
| Carbohydrates | 7 g |
| Fat | 1.2 g |
| Fiber | 3 g |

Preparation time - 40 mins

Cooking time - 20 mins

Serving Size - 10 pcs

Ingredients:

- Jowar flour - 20 g
- Chana dal, soaked - 50 g
- Onions chopped - 20 g
- Ginger chopped - 3 g
- Ajwain - 3 g
- Coriander seeds - 3 g
- Cumin - 3 g
- Green chillies - 3 g
- Cloves - 3 g
- Salt - 3 g

Instruction:

- Soak the dal in warm water for 2 - 3 hours.
- Drain out the water from the dal and wash it.
- Put the rest in the blender along with the measured water.
- Blend the dal till it becomes a semi smooth paste. It should not be runny or too thick.
- Add the rest of the ingredients and mix the batter well.
- Heat some water in the idli steamer.
- Grease the idli molds with some oil.
- Spoon about a tablespoon full of the batter into the cavities.
- When the water begins to boil, put the idli stand into the pan.
- Cover and let the bafauri steam for 10 - 15 minutes.
- Bafauri is cooked if the top does not appear wet.
- Take the stand out of the pan.
- Let the bafauri cool down for 2 - 3 minutes.
- Remove bafauri carefully from the idli molds.
- Serve it with your choice of chutney or sauce.



SNACKS

SNACKS 6: RAGI ARISA PITA



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 259 kcal |
| Protein | 8 g |
| Carbohydrates | 58 g |
| Fat | 10 g |
| Fiber | 6 g |

Preparation time - 10 mins
Cooking time - 20 mins
Serving size - 3

Ingredients :

- Finger millet powder - 200 g
- Rice powder - 200 g
- Jaggery - 250 g
- Sesame seed - 100 g
- Refined oil/ ghee - for frying
- Green cardamom powder - 1 Tbsp

Instruction:

- Take a medium sized pan. Add a glass of water and jaggery.
- Heat it in medium flame and keep stirring till it turns into thick consistent syrup.
- Put Finger millet powder and Rice powder in a bowl and mix it well.
- Slowly add mixed powder to the syrup and stir continuously till it forms into a smooth dough.
- Add sesame seeds and green cardamom powder to the dough and keep it in a bowl.
- Take a medium sized pan and heat oil/ghee in a pan.
- Grease the palms with a little ghee/oil.
- Take the dough in small portions and flatten it with the help of your palms to give it an oval shape. Each piece should have medium thickness.
- Shallow fry the pieces in a medium flame in oil/ ghee till they turn brown.
- Take the pieces out and keep them aside in a separate plate.
- Arisa Pita is ready to be served.



SNACKS

SNACKS 7: KUTKI KHEER - LITTLE MILLET KHEER



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 269 kcal |
| Protein | 3 g |
| Carbohydrates | 35 g |
| Fat | 13 g |
| Fiber | 2.8 g |

Preparation time - 5 mins
Cooking time - 20 mins
Serving Size - 5

Ingredients:

- Kutki (little millet) - 1 cup
- Jaggery grated - 3/4 cup
- Ghee - 3 Tbsp
- Cardamom Powder (Elaichi) - 1 pinch
- Milk - 1 cup
- Water - 2½ cups

Instruction:

- In a pressure cooker, dry roast the little millets on medium - low heat for about 5 mins, once it gets a light toasted colour, once the water gets a single boil, immediately pour it into this pressure cooker.
- Close the cooker and pressure cook for about 5 whistles. Turn off the flame and allow the pressure to release to release naturally.
- Next add grated jaggery along with 1/4 cup of water in another saucepan. Heat it on medium low and melt the jaggery until fully dissolved.
- Add cardamom powder to the melted jaggery. Now add this jaggery syrup to the cooked little millet and mix well.
- Add the milk and let it boil for 2 minutes. Add a pinch of salt and mix.
- Heat a tadka pan with ghee on low flame, fry the nuts in it, once the nuts have turned into a light brown colour, turn off the flame, garnish the Little Millet kheer with the fried nuts.



SNACKS

SNACKS 8: BUCKWHEAT FLOUR COOKIES



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 113 kcal |
| Protein | 1.7 g |
| Carbohydrates | 12 g |
| Fat | 6.7 g |
| Fiber | 1.3 g |

Preparation time - 10 mins
Cooking time - 20 mins
Serving size - 10

Ingredients :

- Buckwheat flour - 1 cup
- Almonds - 1/4 cup, powdered
- Ghee - 50g
- Sugar - 1/2 cup, powdered
- Green Cardamom - 1/2 teaspoon powdered
- Salt - as per taste

Instruction:

- Mix together desi ghee, powdered sugar, cardamom powder and salt. Add the kuttu ka atta and water as required to knead into a dough.
- Keep covered for 10 minutes and then make small balls out of the dough. Flatten and place them on the baking tray.
- Preheat the oven and bake at 150°C for 10 minutes or till they are firm. If you feel they have not baked enough, flip them over and bake them well on the other side too.



SNACKS

SNACKS 9: CREAM OF SORGHUM SOUP



Preparation time - 10 mins
Cooking time - 20 mins
Serving Size - 3

Ingredients:

- Sorghum grain - 100 g
- Bouquet garni - 1 no
- Roughly cut vegetables - 100 g
(leeks, celery, carrot, onion and turnip)
- Veg. stock - 1000 ml
- Seasoning - to taste

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 140 kcal |
| Protein | 4 g |
| Carbohydrates | 29 g |
| Fat | 0.4 g |
| Fiber | 1.5 g |

Instruction:

- Clean and boil sorghum along with all the vegetables.
- Add a spring of bouquet garni.
- When all ingredients are well done remove bouquet garni.
- Blend it in a mixer and bring back in a pantore - boil.
- Adjust the seasoning and add a dash of fresh cream.
- Serve it piping hot.



SNACKS

SNACKS 10: SORGHUM WITH BLACK SESAME



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 175 kcal |
| Protein | 5.4 g |
| Carbohydrates | 25.3 g |
| Fat | 5.8 g |
| Fiber | 2.8 g |

Preparation time - 5 mins
Cooking time - 10 mins
Serving size - 8

Ingredients :

- Sorghum - 250 g
- Black Sesame - 100 g
- Salt - to taste

Instruction:

- Roast sorghum in a pan over high flame till the grains start popping to form something similar to the smaller size of popcorn and keep aside.
- In another pan, roast the black sesame seeds over low flame till it gets scented flavour.
- Add salt to the roasted black sesame and grind it in a grinder till they form a fine paste.
- The sesame paste is then mixed with roasted Sorghum.
- Serve with tea or Corn Soup.



SNACKS

SNACKS 11: STICKY MILLET CAKE



Preparation time - 10 mins
Cooking time - 45 mins
Serving Size - 12

Ingredients:

- Foxtail Millet flour - 500 g
- Salt/sugar - to taste
- Water - as per required

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 276 kcal |
| Protein | 3 g |
| Carbohydrates | 65 g |
| Fat | 0.8 g |
| Fiber | 4.7 g |

Instruction:

- Add foxtail millet flour, salt/sugar in a bowl and mix with water nicely. The mixture of millet flour should be thick.
- Wrap with banana leaf (100 - 150 gm pp) and tie
- Cook in highly boiling water for 40 minutes.
- Remove from the heat and serve with tea.



SNACKS

SNACKS12: SORGHUM MUFFINS



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 272 kcal |
| Protein | 5 g |
| Carbohydrates | 39 g |
| Fat | 11 g |
| Fiber | 2.8 g |

Preparation time - 10 mins
Cooking time - 18 mins
Serving size - 6

Ingredients :

- ✿ Sorghum (jowar) flour - 75 g
- ✿ Whole wheat flour - 75 g
- ✿ Extra light olive oil - 32 g
- ✿ Raw sugar or light brown sugar - 80 g
- ✿ Very ripe bananas, mashed - 150 g
- ✿ Flax seeds ground and soaked in 3 Tbsp water for 10 minutes - 1¼ Tbsp
- ✿ Baking powder - ¼ Tbsp
- ✿ Soda bicarb(baking soda) - ¼ Tbsp
- ✿ Vanilla extract - ½ Tbsp
- ✿ Walnuts, chopped - 35 g
- ✿ Milk - 85 ml
- ✿ Salt - ½ Tbsp

Instruction:

- ✿ Lightly grease 6 molds in a muffin tray and preheat the oven to 200°C.
- ✿ Sift together the flours, salt, baking powder and soda bicarb in a bowl.
- ✿ In a separate bowl, lightly whisk together the olive oil and sugar followed by the flax mixture, mashed bananas, vanilla essence and milk.
- ✿ Now using a spatula, gently fold in the dry, flour mixture into the wet mix until almost combined. Put in the chopped walnuts and in just a few strokes, fold them into the batter taking care not to over - mix.
- ✿ Rest the batter for 10 minutes and then fill the greased molds till three fourths full.
- ✿ Bake in the centre of the oven for 16 - 18 minutes till the muffins are tall and golden. A toothpick inserted into the centre of the muffin should come out clean with no traces of wet batter. Cool in the tray for 5 mins before transferring them onto a wire rack to cool fully. Store in an air - tight container at room temperature for a couple of days. Refrigerate to keep for longer.



SNACKS

SNACKS 13: MILLET BREAD



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 217 kcal |
| Protein | 4.4 g |
| Carbohydrates | 22 g |
| Fat | 12 g |
| Fiber | 3.2 g |

Preparation time - 10 mins
Cooking time - 60 mins
Serving Size - 5

Ingredients:

- Active dry yeast - 2 Tbsp
- Sugar (or honey) - 2 Tbsp
- Water - 1 cup
- Millet flour - 1 cup
- Tapioca starch - $\frac{3}{4}$ cup
- Brown rice flour - $\frac{1}{2}$ cup
- Flax meal - $\frac{1}{4}$ cup
- Xanthan gum - 2 Tbsp
- Salt - 1 Tbsp
- Eggs - 2
- Olive oil - 3 Tbsp

Instruction:

- In a small bowl or measuring cup, combine the yeast, sugar, and warm water.
- Stir the mixture for 10 to 15 minutes.
- In a medium bowl, mix the salt, millet flour, tapioca starch, brown rice flour, flax meal, and xanthan gum.
- Combine the eggs, olive oil, and honey in a sizable bowl.
- Add the water and yeast mixture.
- Mix thoroughly after adding the dry ingredients in a stirring motion. Put the dough in a loaf pan that has been oiled.
- Let the dough rise while covering the pan with a warm, damp towel.
- Set the oven's temperature to 350°C.
- Bake the dough for 40 to 45 minutes, or until it has risen to the top of the loaf pan and the loaf top is well - browned.



SNACKS

SNACK 14: FOXTAIL MILLET SALAD



Nutritional Value (per serving)

| | |
|---------------|---------|
| Energy | 71 kcal |
| Protein | 2 g |
| Carbohydrates | 11 g |
| Fat | 2 g |
| Fiber | 2 g |

| | |
|------------------|-----------|
| Preparation time | - 10 mins |
| Cooking time | - 40 mins |
| Serving size | - 4 |

Ingredients :

- Foxtail Millet - 1/2 cup
- Mango (Raw), peeled and chopped - 1
- Cucumbers, peeled and chopped - 2
- Mooli/ Mullangi (Radish), finely chopped - 1
- Onion, finely chopped - 1
- Coriander (Dhania) Leaves, finely chopped - 1
- Dijon Mustard - 1 Tbsp
- Extra Virgin Olive Oil - 1 Tbsp
- Honey - 1 Tbsp
- Lemon juice - 2 Tbsp
- Salt to taste
- Black pepper powder, to taste

Instruction:

- In a sauce pan add in the millets along with 1 cup of water. Bring the millets to a boil, then turn the heat to low.
- Cover the pan and allow the millets to cook for about 15 to 20 minutes until all the water is absorbed and the millets are cooked. You can also cook the millets in the pressure cooker to speed up the cooking process. The millets should be grainy at the end of the cooking process.
- Add olive oil and salt to the millet to prevent it from sticking to each other. Allow the millets to cool completely. It will fluff up when it cools down.
- In a large mixing bowl, combine the cooled millets and the remaining ingredients. Toss well to combine. Once well combined, check the seasonings levels and adjust to suit your taste.
- Serve Foxtail Millet Salad along with Ragi Tawa Paratha and Dhingri Matar for a complete meal.





West Region Millet Menu

Sorghum Millet



BREAKFAST

BREAKFAST 1: BARNYARD/BHAGAR UPMA



Preparation time - 15 mins
Cooking time - 15 mins
Serving size - 2

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 232 kcal |
| Protein | 4.5 g |
| Carbohydrates | 21 g |
| Fat | 14.5 g |
| Fiber | 4.3 g |

Ingredients :

- Barnyard/bhagar, soaked overnight - 50 g
- Oil - 20 ml
- Green chillies - 20 g
- Onions chopped - 30 g
- Cumin seeds - 5 g
- Curry leaves - 5 g
- Peanuts - 20 g
- Salt - 3 g
- Water - 100 ml
- Coriander leaves - 10 g

Instruction:

- Heat oil in a skillet, add cumin seeds, curry leaves and onions. Saute well.
- Add Peanuts and saute well until cooked properly. Add green chillies and saute.
- Add the soaked Barnyard/bhagar and keep stirring to brown it slightly.
- Add water and salt and cook well until all the water has dried up.
- Garnish it well with coriander leaves



BREAKFAST

BREAKFAST 2: MILLET CHILA



Nutritional Value (per serving)

| | |
|---------------|---------|
| Energy | 47 kcal |
| Protein | 1.6 g |
| Carbohydrates | 6 g |
| Fat | 1.8 g |
| Fiber | 2 g |

Preparation time - 30 mins
Cooking time - 10 mins
Serving Size - 6 pcs

Ingredients:

- Barnyard/bhagar flour - 20 g
- Moong dal, soaked overnight - 30 g
- Ginger chopped - 5 g
- Salt - 5 g
- Turmeric - 5 g
- Red chilli powder - 5 g
- Oil - 10 ml
- Water - 70 ml

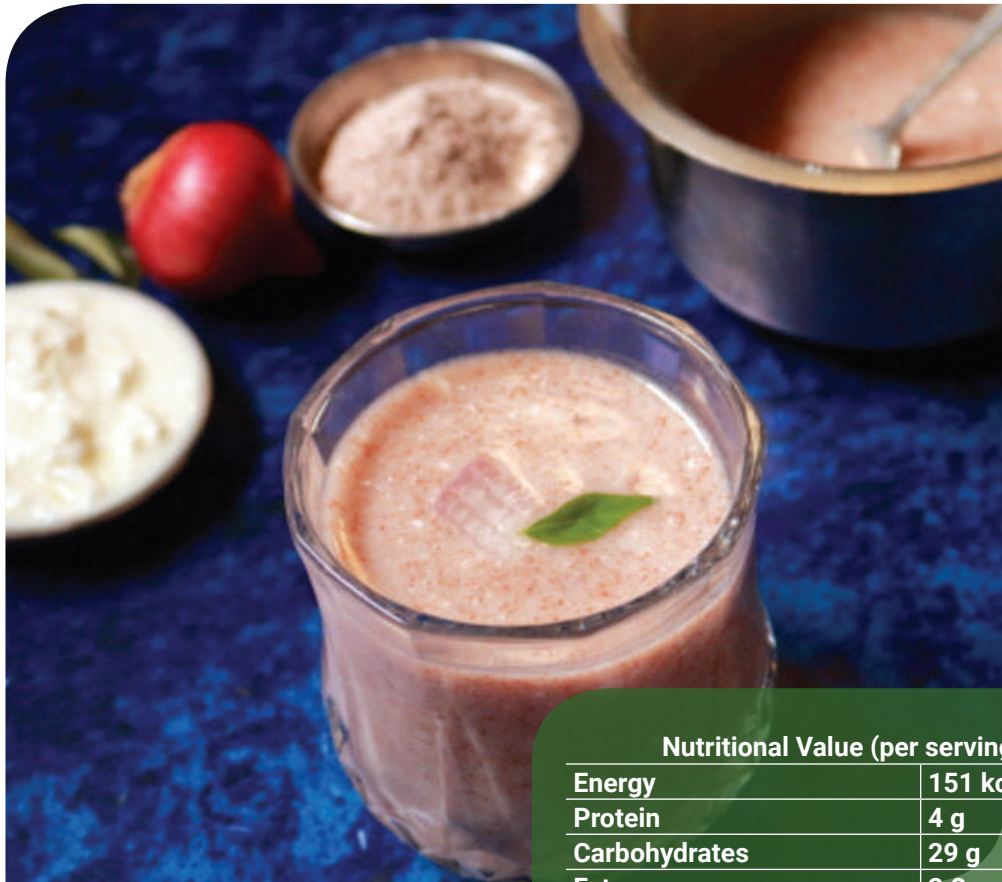
Instruction:

- Method - Grind soaked moong daal. Make a paste of Barnyard/bhagar flour and moong daal of semi thick consistency. Mix chopped ginger, salt, turmeric powder and red chilli powder .
- Heat oil in a pan and spread the batter evenly like dosas and cook both sides for 2 mins each side.
- Your millet chilla is ready to serve hot with chutney.



BREAKFAST

BREAKFAST 3: MAHARASHTRIAN AMBLI



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 151 kcal |
| Protein | 4 g |
| Carbohydrates | 29 g |
| Fat | 2.3 g |
| Fiber | 3 g |

Preparation time - 5 mins
 Cooking time - 10 mins
 Serving size - 3

Ingredients :

- Finger millet flour/ ragi flour - ¼ cup + 2 Tbsp
- Water - 3 cups
- Garlic paste - ¼ Tbsp
- Ginger paste - ¼ Tbsp
- Green chili paste - ¼ Tbsp
- Salt or as per taste - ¾ Tbsp
- Dry date powder / kharik powder - 1 ½ Tbsp
- Cumin powder - 3/4 Tbsp
- Yogurt - ¼ cup
- Water for buttermilk - ¼ cup
- Finely chopped seasonal vegetable

Instruction:

- In a pan pour water and heat it.
- While water is heating add finger millet flour, salt, cumin powder, date powder, green chili paste and ginger - garlic paste. Use a whisker to mix all the ingredients and remove all the lumps from the flour.
- Cook till the mix becomes thick soup like consistency.
- Add seasonal vegetable
- Later turn off the heat and keep it aside to cool.
- Next in a bowl make buttermilk by mixing yogurt and ¼ cup water.
- Serve Ambil warm in a bowl with a drizzle of buttermilk on top.



BREAKFAST

BREAKFAST 4: SORGHUM VERMICELLI UPMA



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 259 kcal |
| Protein | 6 g |
| Carbohydrates | 36 g |
| Fat | 12 g |
| Fiber | 4 g |

Preparation time - 5 mins
Cooking time - 10 mins
Serving Size - 1

Ingredients:

- Sorghum vermicelli - ½ cup
- Mustard seeds - 1 Tbsp
- Chana dal - 1 Tbsp
- Black gram dal - 1 Tbsp
- Cumin seeds - 1 Tbsp
- Ground nuts - 1 Tbsp
- Sprig curry leaves - 1
- Salt as required

Instruction:

- Roast the sorghum vermicelli in little oil.
- Make seasoning with mustard seeds, chana dal, black gram dal, cumin, ground nuts and curry leaves.
- Pour water and boil, add salt to taste.
- Cook vermicelli in above boiled water and serve hot.



BREAKFAST

BREAKFAST 5: SORGHUM PARBOILED WADA



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 173 kcal |
| Protein | 4 g |
| Carbohydrates | 22 g |
| Fat | 9 g |
| Fiber | 2 g |

Preparation time - 1 hrs
Cooking time - 10 mins
Serving size - 4

Ingredients :

- Parboiled sorghum grain - 1 cup
- Bengal gram flour - 1/4 cup
- Oil - for shallow frying
- Salt - for taste
- Clove - 1/4 Tbsp
- Chilli powder - 2 Tbsp
- Cinnamon - 1/4 Tbsp
- Water to make dough

Instruction:

- The parboiled sorghum grain is taken and made into a coarse paste in a grinder.
- Bengal gram flour, salt, clove, chilli powder and cinnamon are added to the above mixture. Make a dough.
- Make small balls of the like a wada.
- The wada is shallow fried in oil.
- Excess Oil is removed using tissue paper and served with tomato chutney.



BREAKFAST

BREAKFAST 6: SORGHUM IDLI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 262 kcal |
| Protein | 11 g |
| Carbohydrates | 53 g |
| Fat | 2.4 g |
| Fiber | 6.4 g |

Preparation time - 8 hrs
Cooking time - 10 mins
Serving Size - 5

Ingredients:

- Sorghum idli rava - 3 cups
- Black gram dal - 1 cup
- Wat as required

Instruction:

- Make batter with soaked (overnight) black gram dal.
- Mix washed sorghum fine like semolina to the batter, add salt to taste and allow it for fermentation for 6 - 7 hrs.
- Pour the batter into greased stainless steel idli molds and steam for 15 - 20 mins.
- Serve hot with chutney



BREAKFAST

BREAKFAST 7: BAJRA NI GHOORGRI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 148 kcal |
| Protein | 4 g |
| Carbohydrates | 21 g |
| Fat | 5 g |
| Fiber | 4 g |

Preparation time - 24 hrs
Cooking time - 45 mins
Serving size - 3

Ingredients :

- Bajra grains/pearl millet - 1 cup
- oil - 2 Tbsp
- Minced ginger, garlic, green chilies - 2-3 Tbsp
- Rai/ mustard seeds - 1/2 Tbsp
- Asafoetide/ asafoetida - 1/4 Tbsp
- Haldi/turmeric powder - 1/2 Tbsp
- Curry leaves - 5-6
- Lemon juice to taste
- Sugar to taste (optional)
- Salt to taste
- Chopped coriander to garnish

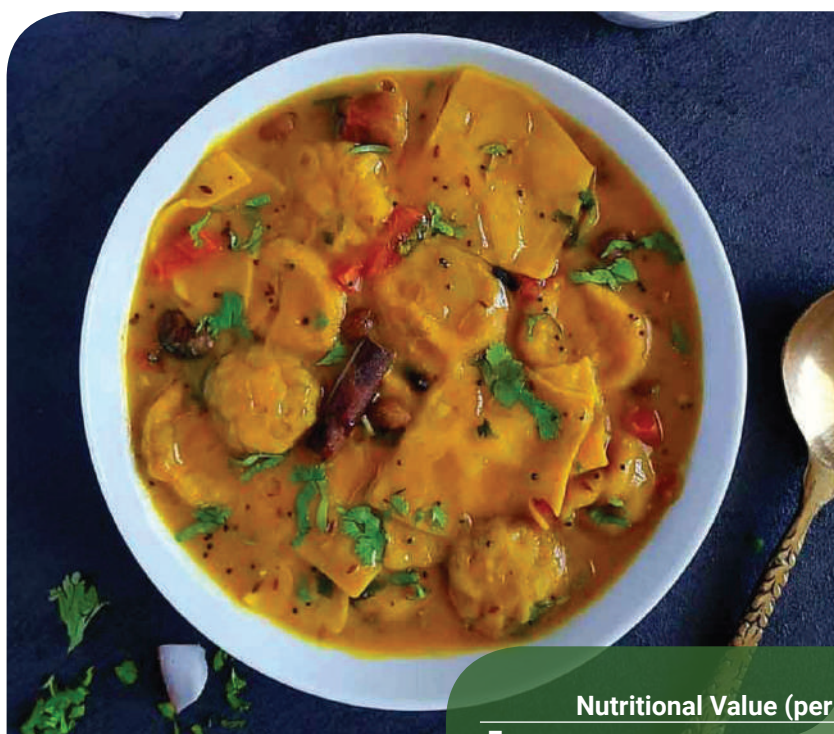
Instruction:

- Wash and soak the Bajra overnight.
- Pressure cook the soaked Bajra in one - knuckle deep water.
- It takes around 5 - 6 whistles to cook the bajra. We are not looking for mushy texture here.
- Once cooked, drain and let it cool down a bit.
- Place a kadai or a wok on medium flame, add the oil.
- Once the oil has heated up, add the rai and allow it to splutter.
- Add curry leaves, Asafoetide and the mixture of minced ginger, garlic and chilli.
- Cook for 30 seconds and add the cooked Bajra. Give it a good mix.
- Add haldi, salt, lemon juice, and sugar if using.
- Mix well, cover and continue to cook for 7 - 10 minutes. Sprinkle some water if needed. The flavours will mix well. Turn off the flame.
- Allow it to rest for a while.
- Serve the Bajra ni Ghooghri garnished with coriander and served with flatbread of your choice.



LUNCH

LUNCH 1: DAL DHOKLI



Preparation time - 30 mins
Cooking time - 15 mins
Serving Size - 2

Ingredients:

- Toor dal soaked and boiled - 30 g
- Salt - 3 g
- Turmeric - 5 g
- Oil - 10 ml
- Cumin seeds - 2 g
- Asafoetide - 2 g
- Mustard seeds - 2 g
- Whole dry red chillies - 2 g
- Onions - 10 g
- Tomatoes - 10 g
- Coriander chopped - 10 g
- Garam masala - 5 g

Dhokli Dough

- Whole wheat flour - 25 g
- Jowar flour - 25 g
- Salt - 2 g
- Water - 30 ml

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 152 kcal |
| Protein | 7 g |
| Carbohydrates | 28 g |
| Fat | 1 g |
| Fiber | 4.5 g |

Instruction:

- Make a dough using all the flour and pinch of salt.
- Make small balls and roll them flat like rotis. Cut the doklis into diamond shape.
- Boil the daal in a pressure cooker .

For Tempering

- Heat oil in a skillet and add cumin
- Asafoetide and onions and saute well.
- Add tomatoes and cook until soft, add the tempering to the cooked dal and add salt and garam masala.
- Add the doklis and cook in the daal.
- Garnish with chopped coriander and serve hot .



LUNCH

LUNCH 2: PUDACHI VADI



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 262 kcal |
| Protein | 11 g |
| Carbohydrates | 33 g |
| Fat | 10 g |
| Fiber | 8 g |

Preparation time - 30 mins
Cooking time - 15 mins
Serving Size - 6

Ingredients:

- Besan - 200 g
- Jowar flour - 100 g
- Red chilli powder - 7.5 g
- Ajwain / carom seeds - 2.5 g
- Oil - 30 ml
- Coriander leaves - 200 g
- Cumin seeds - 2.5 g
- Ginger & Garlic paste - 10 g
- White sesame seeds - 10 g
- Desiccated coconuts - 5 g
- Garam masala powder - 10 g
- Cumin powder - 50 g
- Turmeric powder - 3 g
- Amchoor powder - 2 g
- Sugar - 2 g
- Peanut powder - 1 g
- Salt - 40 g
- Coriander powder - 3 g

Instruction:

- To Make Traditional Sambar Vadi, take a wide bowl and add 2 cups of gram flour and 1 cup of Jowar flour and mix well.
- Add salt as per taste, red chilli powder, turmeric powder, carom seeds, and 2 tsp of hot oil. Mix everything well with your hands and see if it holds shape, if not, then add a little hot oil.
- Add water little by little and knead well and make a medium - hard dough. Grease the dough with oil and let it rest for 10 minutes.
- For stuffing for Sambar Vadi, chop the dried coriander leaves finely.
- Heat a pan on medium flame and add 1 tsp of oil.
- Add cumin seeds, ginger - garlic - green chilli paste, poppy seeds and sesame seed. Roast a little.
- Add 1/2 cup of desiccated coconut and mix well and roast for 2 minutes.
- Add all masalas and then add 1 tsp of sugar (optional) and mix well.
- Add 3 tbsp of roasted peanut powder and coarse peanuts and mix well.
- Add salt as per taste.
- Now add chopped coriander and mix well on low flame and cook 1 - 1.5 minutes.
- Check the dough and knead it again. Take a small size dough and smooth it out.
- Roll it into a cylindrical shape like puri.
- You should fill enough stuffing so that the vadi won't sound empty.
- Fold from all sides. Press it well so that vadi should not open up.
- Fold both the edges and you can give it a little triangular or pyramid shape to the vadi by pinching it at the centre.
- Heat tawa and cook vadi evenly from both the sides with some oil and serve with tamarind chutney.



LUNCH

LUNCH 3: JOWAR BHAKRI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 171 kcal |
| Protein | 6 g |
| Carbohydrates | 34 g |
| Fat | 1 g |
| Fiber | 5 g |

Preparation time - 30 mins
Cooking time - 10 mins
Serving size - 1

Ingredients :

- Jowar - 30 g
- Water - 70 ml
- Salt - 2 g
- Whole wheat atta - 20 g

Instruction:

- First, take all the flour in a large mixing bowl and make a well in the middle.
- Add 3/4 cup of warm water and mix well. Be careful as the water is hot.
- Also add more water to the batches as needed and knead the greasy dough.
- Knead the dough until smooth, soft, and non-sticky.
- Take a small ball-shaped dough and make a ball out of it.
- Forward, pat and flat with the help of palm and finger.
- Dust the work site with a little sorghum flour to prevent the bread from sticking while patting. Remove excess flour from the bread.
- Put flattened dough on a hot pan.
- Wait until the water evaporates and then flip it to the other side.
- Gently press and cook all the edges.
- Serve jowar bhakri with dried garlic chutney.



LUNCH

LUNCH 4: AKKI ROTI



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 264 kcal |
| Protein | 6 g |
| Carbohydrates | 35 g |
| Fat | 11.5 g |
| Fiber | 6 g |

Preparation time - 30 mins
Cooking time - 15 mins
Serving Size - 2

Ingredients:

- Barnyard/bhagar flour - 20 g
- Whole wheat flour - 30 g
- Ginger chopped - 5 g
- Cabbage chopped - 10 g
- Carrot chopped - 10 g
- Onions chopped - 10 g
- Salt - 5 g
- Water - 70 ml
- Oil - 10 ml

Instruction:

- To make akki roti, combine all the ingredients in a deep bowl and knead into a loose soft dough using 1 cup water.
- Divide the dough into 6 equal portions.
- Take a portion of the dough, place it on the butter paper and flatten it with wet fingers to make a 250 mm. (6") diameter circle.
- Make 3 to 4 holes at regular intervals using a finger. Heat a non - stick tawa (griddle) and grease it with ¼ Tbsp of oil.
- Put the flattened roti facing upside down and gently remove the butter paper.
- Drizzle ½ Tbsp of oil evenly over it and cook on both the sides till they turn golden brown in colour.
- Repeat steps to make 5 more akki rotis. Serve the akki roti immediately.



BREAKFAST

LUNCH 5: VARAICHI BHAAT - BARNYARD/BHAGAR



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 274 kcal |
| Protein | 5 g |
| Carbohydrates | 30 g |
| Fat | 15 g |
| Fiber | 6 g |

Preparation time - 30 mins
Cooking time - 10 mins
Serving size - 1

Ingredients :

- Barnyard/bhagar - 30 g
- Green chillies - 5 g
- Cumin seeds - 3 g
- Raw banana - 10 g
- Kokum - 5 g
- Peanut powder - 10 g
- Ghee - 10 g
- Sugar - 5 g
- Coriander leaves - 5 g
- Salt - 3 g
- Water - 50 ml

Instruction:

- Dry roast the Barnyard/bhagar (barnyard) millet in a heavy bottom Wok/Kadai on a low heat, until you get a nice aroma. Remove onto a plate and keep aside.
- Heat ghee in the same wok. Add cumin seeds and once they sizzle, add the green chillies and sauté for a few seconds.
- After a few seconds, add chopped raw banana, peanut powder, kokum and mix everything properly.
- After 2 to 3 minutes, add water, salt and/or sugar (optional) and bring it to a boil.
- Once the water boils, add the roasted Barnyard/bhagar, stirring continuously.
- Cook covered on medium heat till it is well done and soft. (About 10 - 12 minutes).
- Switch off gas and keep covered for a few minutes more. Mix once again.
- Garnish Barnyard/bhagar Recipe (Maharashtrian style spicy Barnyard Millet) with coriander leaves and serve hot.



LUNCH

LUNCH 6: BUCKWHEAT THALIPEETH



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 241 kcal |
| Protein | 7.5 g |
| Carbohydrates | 31 g |
| Fat | 10.5 g |
| Fiber | 7 g |

Preparation time - 30 mins

Cooking time - 20 mins

Serving Size - 2

Ingredients:

- Kuttu (buckwheat flour) - 1/2 cup
- Chana Flour - 1/4 cup
- banana - 1 Raw
- Cumin powder - 1 Tbsp
- Coriander powder - 1 Tbsp
- Red chilli powder - 1 Tbsp
- Turmeric Powder - 1 Tbsp
- Asafoetida (Asafoetide) - 1 pinch
- Sprigs Coriander - 5-6
- Chilli - 1
- Oil - 3 Tbsp

Instruction:

- In a pan/kadhai - dry roast the buckwheat flour and chana flour. While roasting add red chilli powder, asafoetida powder and turmeric powder, cumin powder. Once done, let it cool.
- Boil the banana and let it cool.
- In a bowl add chopped coriander leaves, finely chopped green chilli and salt.
- Grate or finely mash the raw banana and add to the bowl and mix.
- Add the dry roasted flour mix to this and mix well.
- Add a little warm water to form a soft dough.
- Make tennis ball sized rounds of this dough mix.
- On a butter paper, flatten the dough mix by gently patting it with your hand.
- Use little water to help it spread evenly.
- Heat a non - stick flat pan/skillet, add a few drops of oil.
- Gently transfer this thalipeeth into the pan/griddle with help of the butter paper(paper side up)
- Remove the butter paper.
- Make 4 small holes near the centre of the thalipeeth - add a few drops of oil into these holes. This helps in uniform spreading of oil underneath the thalipeeth.
- Cover the griddle/pan. Allow to cook for 3 - 4 minutes on low flame to medium flame.
- Uncover the griddle and flip the thalipeeth carefully and evenly cook the other side.



LUNCH

LUNCH 7: MILLET BISEBELLE BHAAT



Preparation time - 20 mins
 Cooking time - 30 mins
 Serving Size - 3

Ingredients:

- For masala powder -**
- Coriander seeds, Red dry chillies, Chana dal, Fenugreek seeds
- for sambar -**
- Cooked toor dal - 1 cup
 - Foxtail millet - 1 cup
 - Lemon - 1
 - Tamarind - 1 small
 - Onion - 5-7
 - Mixed vegetables (carrot, drumstick, beans and potato) - 2 cups
 - Oil - 2 Tbsp
 - Curry leaves - 10
 - Mustard seeds - 1/4 Tbsp
 - Turmeric powder - 1/4 Tbsp
 - Broken red chillies - 2
 - Asafoetida - a pinch
 - Salt to taste
 - Coriander leaves - 3 Tbsp
 - Water - 2 cups

| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 234 kcal |
| Protein | 9 g |
| Carbohydrates | 37 g |
| Fat | 6 g |
| Fiber | 6 g |

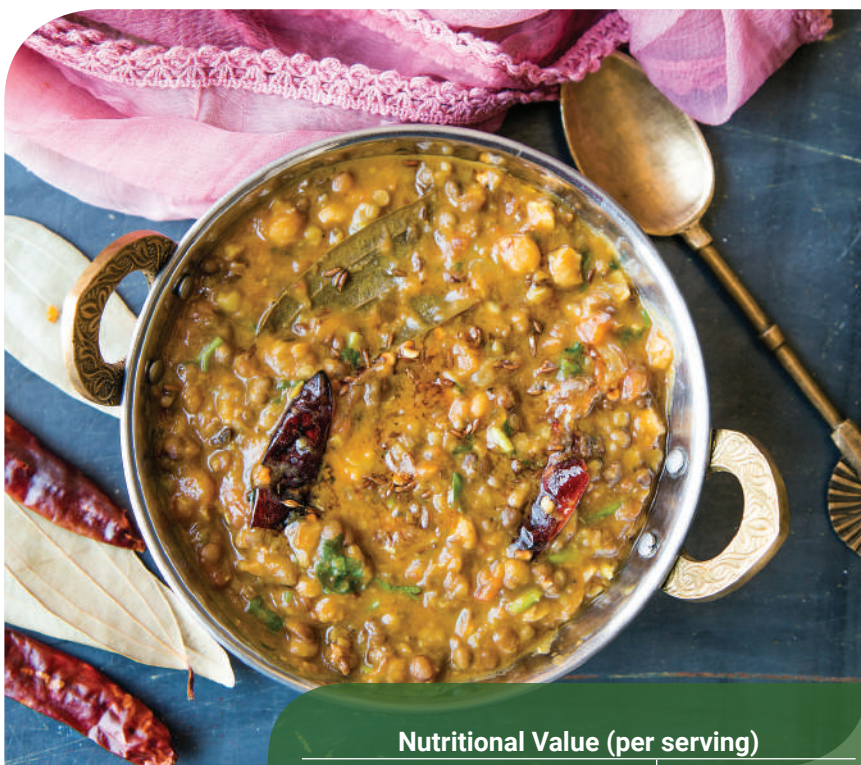
Instruction:

- Add tamarind water, vegetables, salt and sambar spice powder in a pressure cooker and cook till two whistles.
- Cook the foxtail millet, toor dal, turmeric powder, salt and water in another pressure cooker until two whistles.
- For seasoning, saute mustard seeds, cumin seeds, red chilli, curry leaves in ghee and keep aside.
- Add the spicy vegetable tamarind curry to the cooked millets and mix together till it mashes.
- Add the seasoning and transfer the bisibele bhaat to a serving bowl. Sprinkle the chopped coriander and serve hot.



DINNER

DINNER 1: PANCHMEL DAL MANGODI KI SABZI



Preparation time - 30 mins
 Cooking time - 10 mins
 Serving size - 2

Ingredients :

- Toor dal - 10 g
- Masoor dal - 10 g
- Chana daal - 10 g
- Green moong - 10 g
- Brown masoor daal - 10 g
- Bay leaf - 2 g
- Black cardamom - 2 g
- Dried red chilli - 5 g
- Ginger garlic paste - 5 g
- Coriander powder - 2 g
- Garam masala - 5 g
- Onion chopped - 10 g
- Tomatoes chopped - 10 g
- Coriander leaves - 5 g
- Water - 100 ml
- Oil - 15 ml
- Bajra - 20 g
- Moong dal soaked - 30 g
- Salt to taste
- Water - 70 ml

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 244 kcal |
| Protein | 10 g |
| Carbohydrates | 30 g |
| Fat | 8.5 g |
| Fiber | 5.5 g |

Instruction:

For magodis

- Make a paste using moong dal and bajra atta (thick batter).
- Heat oil in a pan and make small vadas.
- Boil the other dals together in a pressure cooker.

For tempering:

- Heat another pan, add all khada masalas and add onion and tomatoes and cook until soft .
- Add mangodi to the boil.
- Garnish it with coriander leaves.



DINNER

DINNER 2: MULTI MILLET BHAKRIS



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 142 kcal |
| Protein | 5 g |
| Carbohydrates | 27 g |
| Fat | 1.5 g |
| Fiber | 4 g |

Preparation time - 40 mins
Cooking time - 20 mins
Serving Size - 2

Ingredients:

- Multigrain millet atta (jowar, ragi, bajra mix) - 50 g
- Water - 60 ml
- Wheat atta - 30 g

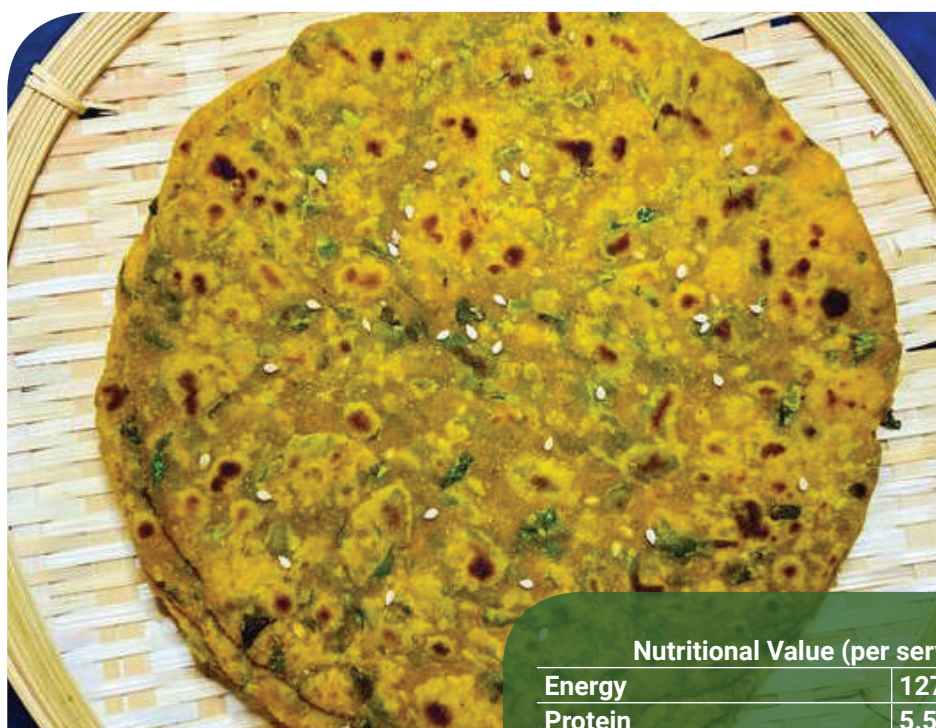
Instruction:

- Knead a semi tight dough with multigrain millet mix, wheat flour and water.
- Heat a nonstick tawa, roll it small balls and roll it flat.
- Put flattened dough on a hot pan.
- Cook from both sides. Serve with dal and vegetables.



DINNER

DINNER 3: MILLET METHI THEPLA



Preparation time - 30 mins
Cooking time - 10 mins
Serving size - 2

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 127 kcal |
| Protein | 5.5 g |
| Carbohydrates | 22 g |
| Fat | 9 g |
| Fiber | 4.5 g |

Ingredients :

- Wheat flour - 30 g
- Bajra flour - 30 g
- Methi leaves - 30 g
- Sesame seeds - 10 g
- Ginger - 5 g
- Green chillies - 5 g
- Oil - 10 ml
- Salt - 5 g
- Water - 80 ml

Instruction:

- To make multigrain methi thepla, combine all the ingredients in a deep bowl and knead into a semi - soft dough using enough water.
- Divide the dough into 6-8 equal portions and roll out each portion into 150 mm. (6") diameter circle using whole wheat flour for rolling.
- Heat a non - stick tawa (griddle) and cook each circle, using a little oil, till it turns golden brown in colour from both the sides
- Serve the multigrain methi thepla hot.



DINNER

DINNER 4: KALYANCHI BHAKRI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 140 kcal |
| Protein | 7 g |
| Carbohydrates | 25 g |
| Fat | 1 g |
| Fiber | 5 g |

Preparation time - 30 mins
Cooking time - 20 mins
Serving Size - 6 pcs

Ingredients:

- Wheat flour - 30 g
- Jowar flour - 30 g
- Black urad dal - 30 g
- Water - 10 ml

Instruction:

- Grind the jowar flour, urad dal and salt to a fine powder.
- This is usually done in the flour mill or with a high speed blender.
- Take about 2 cups of the above flour. Add water and knead to make a stiff pliable dough ball.
- Divide the dough into 4 - 5 parts and roll them into balls. Dust a working surface with some flour.
- Take 1 dough ball and flatten it in your palm and roll it into a flat roti.
- Heat a heavy iron griddle. Carefully lift the bhakri and place on the hot griddle.
- Apply some water over the entire upper side of bhakri.
- Use a flat spatula and flip it. Cook till brown spots appear on the bottom side of the bhakri (about 1 minute on high flame)
- Flip again and cook it directly on the flame till it balloons up or till it is well cooked.
- Serve hot with green groundnut chutney



DINNER

DINNER 5: GUJARATI KHICHDI



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 172 kcal |
| Protein | 8 g |
| Carbohydrates | 31 g |
| Fat | 10 g |
| Fiber | 5.5 g |

Preparation time - 30 mins
Cooking time - 20 mins
Serving Size - 1

Ingredients:

- Jowar - 30 g
- Green moong - 20 g
- Onions chopped - 10 g
- Tomatoes chopped - 10 g
- Cumin seeds - 2 g
- Coriander leaves - 2 g
- Mustard seeds - 2 g
- Curry leaves - 5 g
- Brown jaggery - 2 g
- Salt - 3 g
- Oil - 10 ml
- Water - 100 ml
- Green chillies - 5 g
- Lemon juice - 5 ml

Instruction:

- Soak jowar and daal overnight and cook in the pressure cooker .
- In a hot pan add oil and all the ingredients for tempering.
- Add the dal and jowar.
- Cook well for 5 - 10 mins.
- Serve hot



DINNER

DINNER 6: SINGHARA KADHI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 325 kcal |
| Protein | 15 g |
| Carbohydrates | 40 g |
| Fat | 13 g |
| Fiber | 5.6 g |

Preparation time - 15 mins
Cooking time - 20 mins
Serving Size - 2

Ingredients:

- Kuttu ka atta - 100g
- Cumin Seeds - 1 Tbsp
- Curry Leaves - 5-8 Chopped
- Dried Red Chilli - 2-4
- Coriander - 2 Tbsp
- Oil - 3 Tbsp
- Curd - 1/2 cup
- Salt to taste
- Sugar (optional)

Instruction:

- Take all the dry ingredients (singhara flour, salt, sugar) in a bowl.
- Add curd and whisk it well until the mixture is smooth.
- Add water and whisk again.
- In a separate pan, heat oil.
- Add cumin seeds, curry leaves and dried red chilli.
- Add the curd mixture.
- Turn the heat on medium. Keep stirring it frequently to avoid curdling.
- Let it simmer for 5 - 8 minutes or until it thickens.
- Add chopped coriander leaves and serve hot.



DINNER

DINNER 7: JOWAR DOSA (GHAVAN/ DHIRDE)



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 254 kcal |
| Protein | 7 g |
| Carbohydrates | 44 g |
| Fat | 5.5 g |
| Fiber | 8 g |

Preparation time - 30 mins
Cooking time - 20 mins
Serving Size - 1

Ingredients:

- Jowar flour - 1 cup
- Rice flour - 1/4 cup
- Water - 1/4 cup
- Red chili powder - 1/2 Tbsp
- Coriander powder - 1/2 Tbsp
- Cumin seeds - 1/2 Tbsp
- Ajwain / Carom seeds - 1/4 Tbsp
- Finely chopped Capsicum
- Finely chopped Tomato
- Chopped Green chili
- Turmeric powder - 1/4 Tbsp
- Shredded Carrot
- Finely chopped Coriander leaves
- Salt to taste
- Lemon juice - 1/2
- Oil

Instruction:

- Take jowar flour, rice flour and mix well. You can skip rice flour if you don't want to.
- Add a little water at a time to make a thin batter, Add red chili powder, coriander powder, cumin seeds, ajwain, capsicum, tomato, green chili, turmeric powder, carrot, coriander leaves, salt and mix everything well together.
- Adding veggies is optional or you can add veggies of your choice.
- Add lemon juice and mix well. You can use buttermilk in place of lemon juice.
- Heat up a pan on medium heat and spread oil. Mix the batter once and add batter on the pan.
- Cover and cook for about 2 minutes.
- Remove the lid and spread a little oil on the dhirde.
- When the lower side is cooked well, flip over and cook well from the other side too.
- When the dhirde is cooked well from other side too take it off into a dish and it's ready to serve



SNACKS

SNACKS 1: DHEBRA



Preparation time - 15 mins
Cooking time - 15 mins
Serving Size - 2

Ingredients:

- Jowar Flour - 100 g
- Methi/Fenugreek Leaves, Freshly chopped - 30 g
- Green chillies, chopped - 10 g
- Indian Aromat - 5 g
- Turmeric powder - 5 g
- Curd/dahi - 50 ml
- Lime seasoning/Lemon juice - 10 ml
- Salt - 5 g

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 191 kcal |
| Protein | 6.5 g |
| Carbohydrates | 36 g |
| Fiber | 5 g |
| Fat | 2 g |

Instruction:

- Take all the ingredients, mix well and make a tight dough like we make for tikkis. Make small balls of the dough and press it like the tikkis by hand.
- Air fry it or bake the tikkis by applying very little oil at 110 degrees C for 7 - 10 mins



SNACKS

SNACKS 2: HANDVO



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 168 kcal |
| Protein | 6 g |
| Carbohydrates | 26 g |
| Fat | 4.5 g |
| Fiber | 6 g |

Preparation time - 15 mins + Overnight soaking
Cooking time - 20 mins
Serving Size - 4

Ingredients:

- Barnyard/bhagar ka atta - 100 g
- Lauki Grated & water Squeezed - 40 g
- Chana Daal - 50 g
- Ginger Garlic Paste - 5 g
- Turmeric Powder - 5 g
- Curd - 50 ml
- Green chilli paste - 5 g
- Salt - 5 g
- Baking Powder - 5 g
- Carrot grated - 20 g
- Green peas - 20 g
- Lime seasoning/lemon juice - 10 g
- Coriander powder - 5 g
- Turmeric powder - 5 g
- Mustard seeds - 5 g
- Oil - 10 ml
- Sprig Curry leaves - 1

Instruction:

- In a bowl or pan take dal rinse a couple of times with water and then soak for 4 to 5 hours in enough water.
- Later drain all the water and add the dal in a grinder jar.
- Add curd (dahi) and Barnyard/bhagar ka atta. Grind to a batter where you get a rava like consistency Remove the batter in a bowl. Add ¼ teaspoon baking soda.
- Mix very well. Cover the pan and ferment the batter for 8 to 9 hours or overnight.
- Next day the batter will have tiny bubbles and a faint sour aroma.
- Rinse, peel and grate 1 small bottle gourd (lauki, ghia, dudhi, opo squash). You will need 1 cup tightly packed grated bottle gourd.
- Heat oil in a small pan. Add mustard seeds and let them crackle. Then add chopped curry leaves. Fry for a few seconds. Then add the ginger+garlic+green chilli paste.
- Saute till the raw aroma of ginger and garlic goes away.
- Add 1 cup tightly packed grated bottle gourd, carrot and peas.
- Also add turmeric powder, coriander powder and salt. Mix well and then switch off the flame.
- Add the tempered mixture to the handvo batter.
- Heat a pan and spread oil and keep on low flame. Pour 1.5 to 2 ladles of the handvo batter in the pan. Keep a thickness of 1 to 1.5 inches.
- Cover the pan with a lid and then cook handvo on a low flame. Cook till you see golden spots on this side too and the handvo gets cooked well.
- Remove and serve handvo hot with coriander chutney, sesame chutney or papaya chutney.



SNACKS

SNACKS 3: BARNYARD/BHAGAR KHEER



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 307 kcal |
| Protein | 6 g |
| Carbohydrates | 50 g |
| Fat | 9 g |
| Fiber | 4 g |

Preparation time - 10 mins

Cooking time - 20 mins

Serving Size - 2

Ingredients:

- Barnyard/bhagar soaked - 30 g
- Milk - 60 ml
- Jaggery - 30 g
- Almonds - 10 g
- Cardamom powder - 5

Instruction:

- Wash barnyard/bhagar millet well. And soak in enough water for at least 30 minutes.
- After 30 minutes, drain all the water. Heat the milk in a heavy bottom pan on medium heat. Add rice to it.
- Add saffron and cook it till Barnyard/bhagar gets cooked properly. It will take about 10 - 12 minutes.
- So stir in between and also keep scraping the sides of the pan for easier cleaning afterwards.
- Add sugar and mix.
- Add chopped nuts and raisins.
- Add cardamom powder and mix well.
- Cook for another 2 - 3 minutes or till the kheer thickens slightly.
- Then turn off the stove.
- How to check that kheer is ready? When you take kheer in a spoon and you pour it back, thickened milk and cooked millet should drop together. If milk and millet look separated then let it simmer and thicken it more.



SNACKS

SNACKS 4: DONDAS



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 183 kcal |
| Protein | 3.25 g |
| Carbohydrates | 43 g |
| Fat | 1 g |
| Fiber | 4.5 g |

Preparation time - 15 mins
Cooking time - 20 mins
Serving Size - 4

Ingredients:

- Barnyard/bhagar - 30 g
- Rice - 30 g
- Cucumber - 40 g
- Jaggery - 30 g
- Cashew - 10 g
- Salt - 3 g
- Raisins - 5 g
- Water - 100 ml
- Grated Coconut - 10 g

Instruction:

- Grate the cucumber along with seeds.
- Do not discard the water released from the cucumber.
- Dry fry the Barnyard/bhagar and rice rava separately and keep aside. Boil 1 & 1/2 cup water, add cucumber, Jaggery, coconut and salt.
- Also, add the cucumber water collected while grating it.
- When the water starts to boil add rice rava and Barnyard/bhagar. Keep stirring to check that it does not form lumps.
- Grease the baking tray or deep plates for steaming.
- You can use turmeric leaves or banana leaves instead of greasing.
- Once the Barnyard/bhagar absorbs all the water and comes together, add cardamom powder, nuts and mix it well.
- Transfer it to greased plates and again cover it with banana or turmeric leaves.
- Steam this in slow flame for 30 minutes or till the knife inserted comes clean. When it is cooked, allow it to cool. Transfer the dhondas to a large plate and cut into cubes.



SNACKS

SNACKS 5: PAN FRIED BANANA VADA PAV



Preparation time - 30 mins
Cooking time - 15 mins
Serving Size - 2

Ingredients:

- Whole wheat Pav - 2 Nos
- Raw Banana - 250 g
- Green chillies - 5 g
- Oil - 15 ml
- Curry leaves - 5 g
- Ginger chopped - 5 g
- Mustard seeds - 2 g
- Besan - 20 g
- Jowar atta - 10 g
- Red chilli & turmeric powder - 5 g
- Salt as per taste

Coriander Chutney

- Coriander leaves - 50 g
- Green chillies - 2 g
- Salt - 2 g

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 290 kcal |
| Protein | 5.5 g |
| Carbohydrates | 48 g |
| Fat | 9.5 g |
| Fiber | 5.5 g |

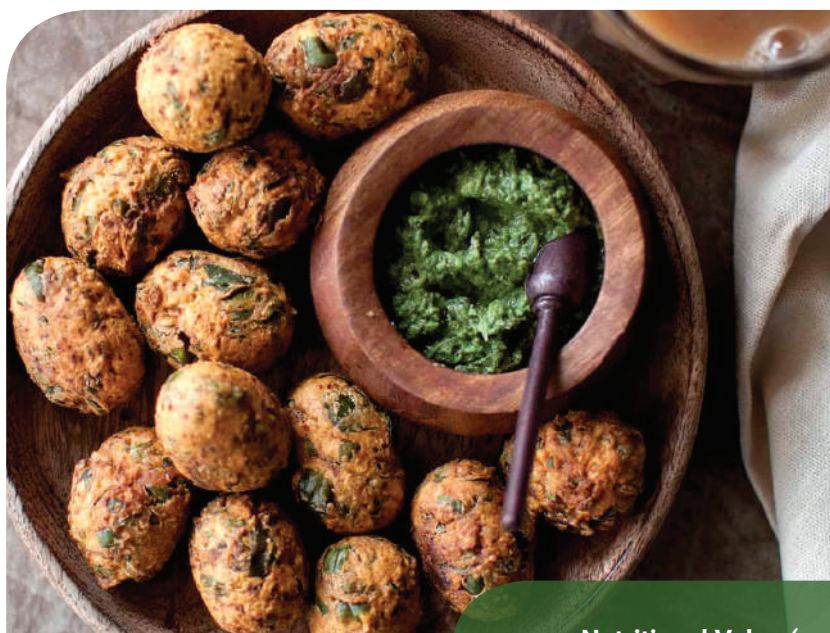
Instruction:

- Boil Raw Banana, mash it and keep it aside to cool.
- Take a skillet, heat oil & add mustard seeds, curry leaves, Let it crackle & add green and chopped ginger, add raw bananas and add turmeric and red chilli powder.
- Take Jowar atta and water.
- Mix till semi liquid consistency.
- Make small vada and shallow fry them.
- Stuff it between the buns and serve hot with coriander chutney.



SNACKS

SNACKS 6: SINGHARA MUTHIYA



Preparation time - 30 mins
Cooking time - 20 mins
Serving Size - 4

Ingredients:

- ✿ Singhara atta / water chestnut flour - 1 Cup
- ✿ Bottle gourd/lauki (grated) - 1 Handful
- ✿ Fresh fenugreek / methi leaves - 1 Handful
- ✿ Sprouted moong - 3 Tbsp
- ✿ Onion (small) - 1 Nos.
- ✿ Curry leaves - 5 - 6 Nos.
- ✿ Coriander leaves - 3 Tbsp
- ✿ Yoghurt - 1 Tbsp
- ✿ Ginger - 1/2 Inch
- ✿ Garlic cloves - 6 Nos.
- ✿ Green chillies - 2 Nos.
- ✿ Ajwain seeds - 1/2 Tbsp
- ✿ Haldi / Turmeric powder - 1/4 Tbsp
- ✿ Kashmiri red chilli powder - 1/2 Tbsp
- ✿ Cumin seeds/jeera - 1/2 Tbsp
- ✿ Sesame seeds / til - 1 Tbsp
- ✿ Asafoetida powder/Asafoetide - 1/4 Tbsp
- ✿ Sesame oil or olive oil - 2 Tbsp
- ✿ Salt - To taste

Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 224 kcal |
| Protein | 6 g |
| Carbohydrates | 27 g |
| Fat | 1.25 g |
| Fiber | 1 g |

Instruction:

- ✿ Combine all the ingredients except oil and make small balls.
- ✿ Now flatten them on your palm.
- ✿ Take a fork and poke once or twice,
- ✿ On a well oiled non - stick pan cook on both sides.
- ✿ Alternatively you can bake at 180 degrees C for 25 minutes turning their sides after 10 minutes.



SNACKS

SNACKS 7: KODO MILLET DHOKLA



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 194 kcal |
| Protein | 8 g |
| Carbohydrates | 36 g |
| Fat | 2 g |
| Fiber | 3 g |

- Preparation time** - 15 mins + 10 hrs Soaking and fermenting
Cooking time - 10 mins
Serving Size - 3

Ingredients:

- Millet - 1 cup
- Black Gram dal split - ½ cup
- Salt - According to taste
- Curd - 2 Tbsp
- Sugar - 1 Tbsp
- Turmeric Powder - ½ Tbsp
- Chopped Coriander - ½ Tbsp
- Chopped Green Chillies - 1-2

For Tempering

- Oil - 1 Tbsp
- Sesame seeds - 1 Tbsp
- Mustard seeds - 1 Tbsp
- Asafoetida - 1 pinch
- Curry leaves - 1-2

Instruction:

- Soak Kodo millet and black gram dhal for about 6 hours or overnight. Blend it to a smooth batter
- Pour the batter in a bowl and add yoghurt and salt, mix well and let it ferment overnight or for 4 hours.
- In a separate bowl add the batter, sugar, turmeric powder, coriander, green chillies and give a quick mix.
- Take a dhokla pan, grease it well and pour the batter.
- Steam the batter for 5 - 7 minutes.
- Meanwhile prepare the tempering by adding oil in a pan along with asafoetida, mustard seeds, sesame seeds, curry leaves and let them splutter
- Cut the dhokla into square pieces and spread the tempering over it.
- Serve it with mint or coriander chutney .



SNACKS

SNACKS 8: NACHNI SATVA



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 150 kcal |
| Protein | 1.75 g |
| Carbohydrates | 16 g |
| Fat | 8.5 g |
| Fiber | 2 g |

Preparation time - 8 hrs
Cooking time - 20 mins
Serving Size - 4

Ingredients:

- Nachni (soaked for 8 hours) - 1/2 cup
- Coconut (fresh grated) - 1/2 cup
- Salt - 1/4 Tbsp
- Jaggery (grated) - 1/4 cup
- Cashews (finely chopped) - 6
- Cardamom powder - 1/4 Tbsp
- Ghee - 2 Tbsp

Instruction:

- Soak Ragi overnight.
- Add 1/2 of the ragi along with soaked water into a mixer jar. Grind into a fine paste. Strain and squeeze the ragi with the help of a strainer to extract ragi milk.
- Add the squeezed ragi once again to the mixer jar. Add some water. Grind the ragi for the 2nd time. Strain and squeeze the ragi to extract more ragi milk. Repeat this process one more time.
- Add the coconut to the mixer jar. Add some water. Grind into a fine paste. Strain and squeeze the coconut to extract coconut milk. Repeat adding water, grinding the coconut and extracting coconut milk another 2 times.
- Pour the ragi milk and coconut milk into a utensil. Add salt and jaggery. Let this mixture rest for 30 minutes for the jaggery to become soft and dissolve.
- After 30 minutes, dissolve any remaining jaggery. Strain the mixture.
- Cook the above satva mixture on low heat. Keep stirring in between to avoid sticking to the bottom or sides of the utensil or forming lumps.
- After 5 minutes, add cashews and cardamom powder. Stir well.
- Keep cooking on low heat and stirring continuously till the satva thickens. This step will take approximately 10 - 15 minutes.
- Take a steel container and grease the inside of the container with ghee. Pour the satva into it. Leave the satva uncovered for 3 hours to cool down.
- Put the container lid and refrigerate for 4 hours.
- Remove the satva from the fridge. Demould the mixture. Cut the satva into pieces using a knife. Nachni satva is ready to be served.



SNACKS

SNACKS 9: BARNYARD MILLET MANGO MILK SHAKE



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 173 kcal |
| Protein | 3.5 g |
| Carbohydrates | 33.5 g |
| Fat | 3 g |
| Fiber | 3 g |

Preparation time - 5 mins
Cooking time - 20 mins
Serving Size - 2

Ingredients:

- Barnyard millet milk - 100 ml
- Normal Milk - 100 ml
- Mango Fruit - 50g
- Sugar - 25g
- Water as required

Instruction:

- Soak the dehulled barnyard millet in excess amounts of water overnight.
- Wash the grains properly and grind the millet adding water in 1:1 ratio (Barnyard millet: Water)
- Extract milk from the barnyard millet and filter it.
- Blend the barnyard millet milk to the regular milk and boil for 5 - 10 minutes.
- After boiling, cool at room temperature and keep it aside. Peel the mango and cut into slices.
- Now add mango slices and sugar in a blender and make pulp.
- Add blended milk and mango pulp to the blender and mix it.
- Remove from the blender and filter it
- Decorate with almonds and saffron.



SNACKS

SNACKS 10: BARNYARD MODAK



| Nutritional Value (per serving) | |
|---------------------------------|----------|
| Energy | 263 kcal |
| Protein | 6 g |
| Carbohydrates | 41 g |
| Fat | 9 g |
| Fiber | 6 g |

Preparation time - 15 mins
Cooking time - 60 mins
Serving Size - 4

Ingredients:

- Barnyard millet - 2 cups
- Jaggery - 1/4 cup (Powdered)
- Peanut - 1/4 cup (Coarsely ground)
- Sesame seed - 1/4 cup (Coarsely ground)
- Coconut - 1/4 cup (Grated)
- Cardamom - 1 Tbsp (powdered)
- Water as required
- Salt as required

Instruction:

- Take 2 cups of barnyard millet and soak it in water for an hour.
- Dry the soaked millet and grind it into fine powdered flour.
- In a pan boil water and add the barnyard millet flour and salt as required.
- Stir the mixture until dough - like consistency is achieved.

Stuffing preparation -

- Add grated coconut, coarsely ground peanut, sesame seeds, powdered jaggery and cardamom powdered in a bowl and mix it well.
- Take a small amount of dough and shape it into modak.
- Modak can be shaped using mould or by flattening the dough and sealing the edges.
- Fill the stuffing inside the modak and seal it.
- Steam the modak in the cooker for 10 - 15 minutes.
- Remove immediately and serve



SNACKS

SNACKS 11: KUTKI HALWA - LITTLE MILLET HALWA



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 265 kcal |
| Protein | 2.4 g |
| Carbohydrates | 34 g |
| Fat | 13 g |
| Fiber | 2.5 g |

Preparation time - 10 mins
Cooking time - 15 mins
Serving Size - 4

Ingredients:

- Kutki (little millet) - 1 cup
- Jaggery grated - $\frac{3}{4}$ cup
- Ghee - 3 Tbsp
- Cardamom Powder (Elaichi) - 1 pinch
- Milk - 1 cup
- Water - 2 $\frac{1}{2}$ cups

Instruction:

- In a pressure cooker, dry roast the little millets on medium - low heat for about 5 minutes, once it gets a light toasted colour. Heat the water in a separate pan. Once water gets a single boil, immediately pour it into this pressure cooker.
- Close the cooker and pressure cook for about 5 whistles. Turn off the flame and allow the pressure to release naturally.
- Next add grated jaggery along with $\frac{1}{4}$ cup of water in another saucepan. Heat it on medium low and melt the jaggery until fully dissolved.
- Add cardamom powder to the melted jaggery. Now add this jaggery syrup to the cooked little millet and mix well.
- Add the milk and let it boil for 2 minutes. Add a pinch of salt and mix.
- Heat a tadka pan with ghee on low flame, fry the nuts in it, once the nuts have turned into a light brown colour, turn off the flame, garnish the Little Millet Halwa with the fried nuts.)



SNACKS

SNACKS 12: SORGHUM SHARBAT



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 160 kcal |
| Protein | 3 g |
| Carbohydrates | 36 g |
| Fat | 0.4 g |
| Fiber | 2 g |

Preparation time - 10 mins
Cooking time - 30 mins
Serving Size - 5

Ingredients:

- Sorghum flour - 1 cup
- Barley - 1/2 cup
- Sugar
- Peppercorns
- Lemon
- Water - as required

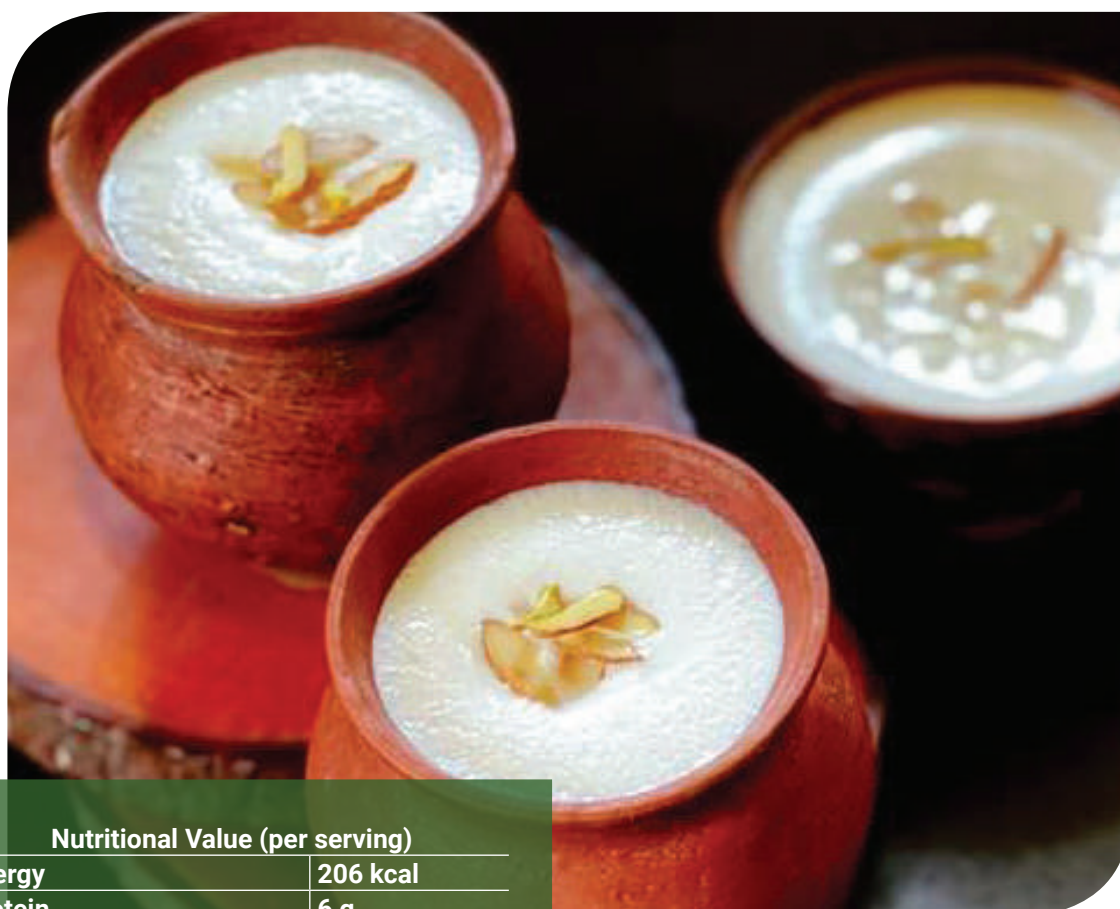
Instruction:

- Add sorghum flour and barley to cold water and boil in simmer for 20 minutes.
- Remove the pan from the heat and add the peppercorns, lemon zest and sweetener.
- Stir, cover, and cool to room temperature and chill well.
- Before serving, blend in the lemon or pour over ice and garnish with a citrus twist.



SNACKS

SNACKS13: MILLET SWEET LASSI



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 206 kcal |
| Protein | 6 g |
| Carbohydrates | 34 g |
| Fat | 5.5 g |
| Fiber | 1 g |

| | |
|------------------|-----------|
| Preparation time | - 5 mins |
| Cooking time | - 15 mins |
| Serving Size | - 4 |

Ingredients:

- Millet flour - 25g
- Milk - 1 cup
- Sugar - 1 Tbsp
- Yoghurt - 2 Tbsp

Instruction:

- Cook millet flour in water and let the mixture boil for 10 minutes.
- Then cool the mixture to room temperature.
- Add the other ingredients, i.e., curd, milk, and sugar, into the cooked millet mixture.
- Mix well and allow the inoculated mixture to ferment overnight.
- Store the probiotic millet beverage in the refrigerator.



SNACKS

SNACKS 14: FOXTAIL BREAD



Nutritional Value (per serving)

| | |
|---------------|----------|
| Energy | 190 kcal |
| Protein | 6 g |
| Carbohydrates | 35 g |
| Fat | 3 g |
| Fiber | 3 g |

Preparation time - 10 mins
Cooking time - 2 hrs
Serving Size - 4

Ingredients:

- Foxtail millet flour - 1 cup
- Maida - 1 cup
- Milk - 15 ml
- Salt - 1 g
- Yeast - 2 g
- Sugar - 5 g
- Water - 30 ml
- Oil for greasing

Instruction:

- In a large bowl, dissolve yeast in warm water. Add the sugar, salt and oil. Keep aside for 2 minutes.
- Add the foxtail millet flour, maida, milk and mix them into a smooth dough.
- Knead for about 8 to 10 minutes and place in a greased bowl.
- Cover and let it rise in a warm place until doubled, about 1 1/2 hrs and set the oven temperature to 210°C.
- After 1 1/2 hr punch down the dough onto a floured surface.
- Shape them into a loaf and place in a greased loaf pan and bake them at 210°C for 15 to 20 mins.
- Remove from the pan and cool them and cut them into loaves. Use it for making a vegetable sandwich or toast.



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Acknowledgements

The authors acknowledge the support of Ms. Vijeta Singhari and
Mr. Advait Deshpande, Consultant GAIN for their assistance.



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