

### Method

Roast the pressed rice and mix with the broken groundnuts. Prepare a sticky syrup with jaggery and water. Add the beaten rice and nuts and mix quickly. Spread the above on a greased plate and cut into pieces immediately.

## 9. HYDERABAD MIX

### Ingredients

Wheat - 40g. (2 3/4 tablespoons), Roasted Bengalgram dal - 15g. (1 tablespoon), Roasted groundnuts - 10g. (1 tablespoon), Jaggery or Sugar - 30g. (2 tablespoons).

### Method

Roast and powder the wheat. Mix it with powdered bengalgram, groundnuts and jaggery. Add the required amount of hot water and make it into a porridge or balls.

## 10. GROUNDNUT BISCUITS

### Ingredients \*

Roasted groundnut - 25g. (2 1/2 tablespoons), Roasted wheat - 25g. (1 1/2 tablespoons), Sugar - 20g. (1 1/2 tablespoons), Baking powder - a pinch, Salt - a pinch.

### Method

Powder groundnuts and roasted wheat and mix them with sugar. Add baking powder and salt and mix thoroughly. Make stiff dough by kneading the mixture with hot water. Roll like chapatis. Cut out any shape desired with tin-lids or any sharp instrument. Place the biscuits on greased metal trays and bake them well either in an oven or on heated sand in a degchi. (The degchi should be kept covered with a lid and pieces of live charcoal kept on the lid to ensure uniform all-round baking). Remove the biscuits when they are golden brown; this usually takes about 20 minutes.

# LOW COST NUTRITIOUS RECIPES



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## 1. WHEAT-GRAM PORRIDGE

### Ingredients

Roasted wheat flour - 25g. (1 3/4 tablespoons), Powdered, roasted Bengalgram dal - 15g. (1 tablespoon), Powdered, roasted groundnuts - 10g. (1 tablespoon), Sugar or Jaggery - 30g. (2 tablespoons), Spinach (or any leafy vegetable) - 30g.

### Method

Roast groundnut, wheat and Bengalgram. Powder them. Mix all the three powders. Dissolve jaggery in water and make into a thin syrup. Prepare a batter of the powders with the help of this syrup. Boil spinach in water till soft, mash and strain through a clean cloth. Add the juice to the batter and cook for a few minutes stirring continuously till semi-solid.

## 2. RICE PORRIDGE

### Ingredients

Rice - 30g. (2 tablespoons), Powdered, roasted groundnut - 15g. (1 1/2 tablespoons), Powdered, roasted greengram or redgram dal - 10g. (3/4 tablespoon), Sugar or Jaggery - 30g. (2 tablespoons), Spinach (or any leafy vegetable) - 30g.

### Method

Cook the rice. Add to the cooked rice pulse and groundnut powders. Boil leafy vegetables in water and add the juice to the above mixture. Add sugar or jaggery and cook for a few minutes.

## 3. RICE KITCHERI

### Ingredients

Boiled rice - 1 cup (equivalent to 40g. uncooked rice), Boiled pulse - (Redgram or Greengram) - 1/2 cup (equivalent to 20g. uncooked pulse), Cooked leafy vegetable - 2 tablespoons, Sugar or Jaggery - 30g. (2 tablespoons).

### Method

Mix boiled rice and pulse. Mash the cooked leafy vegetable with additional water, strain through clean cloth and add the juice to the above mixture. Add the sugar (or jaggery) and mix well. Instead of sugar, salt and seasoning can be added.

## 4. BAJRA INFANT FOOD

### Ingredients

Bajra (dehusked, roasted) - 45g. (3 tablespoons), Roasted greengram dal (or any other dal) - 20g. (1 1/2 tablespoons), Roasted groundnut - 10g. (1 tablespoon), Roasted decorticated gingelly (til) seeds - 5g. (1 teaspoon), Sugar - 30g. (2 tablespoons).

### Method

Powder all the roasted ingredients individually ; mix them in the proportions suggested, and store in air-tight containers. Mix with hot water or milk before serving to the child. It can either be made into balls or in porridge form.

## 5. RAGINA

### Ingredients

Ragi (dehusked, roasted) - 45g. (3 tablespoons), Roasted Bengalgram dal - 10g. (3/4 tablespoon), Sugar - 30g. (2 tablespoons).

### Method

Powder all the roasted ingredients individually ; mix them in the proportions suggested, and store in air-tight containers. Mix with hot water or milk before serving to the child. It can either be made into balls or in porridge form.

## 6. JOWAR UPMA

### Ingredients

Broken jowar (jowar rawa) - 45g. (3 tablespoons), Roasted groundnuts - 15g. (1 1/2 tablespoons), Oil - 7g. (2 teaspoons), Seasoning material - as required.

### Method

Fry seasoning material in oil. Add broken jowar and fry till slightly brown. Add water and cook till soft. Add broken groundnuts and cook for a few minutes more.

## 7. BAJRA KITCHERI

### Ingredients

Bajra - 40g. (2 3/4 tablespoons), Greengram dal - 25g. (2 tablespoons), Carrot - 20g. (one small), Oil - 8g. (2 teaspoons), Salt - to taste.

### Method

Grate carrot. Boil bajra till half done. Add dal and the grated carrot and cook till the grains become soft. Add salt. Remove from the fire and season with cumin and oil.

(Note: Instead of carrot, sweet potato or tapioca can be used, if available).

## 8. BARFI (MISHTI CHEERA)

### Ingredients

Pressed rice - 25g. (2 tablespoons), Roasted groundnuts - 20g. (2 tablespoons), Jaggery - 30g. (2 tablespoons).