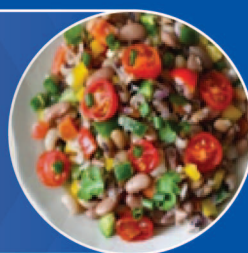




# *Ek Kadam Aur Suposhan Ki Aur...*

## *Suposhit Aahar Ki Vidhiya*

*An invaluable collection of recipes for the family*





***Nutritious food fuels good health***

## About SuPoshan



Since 2016, the SuPoshan Project, an initiative of Adani Wilmar, tries to address the issues of Malnutrition and Anaemia with the life cycle approach in partnership with Adani Foundation. The project reaches out to 1,209 villages and 92 slums, at 20 locations across India.

### UDBHAV: THE DRIVE

Malnutrition, anaemia and the complications around them have hampered the progress of our nation since ages. We believed it to be our responsibility to reduce this global issue as we strive towards building a Healthy Growing Nation, and so began Project SuPoshan in May 2016. The integrated community-based model is the result of various successful experiences during the last decade

### DHYEY: THE GOAL

With support from Adani Wilmar, aligning their motto for a healthy growing nation, we ceaselessly ideate ways to further our quest against malnutrition and anaemia among our target groups. This includes children from 0-5 years of age, adolescent girls and women in the reproductive age at various locations in the country as a part of our 'Corporate Social Responsibility' initiative.

### OBJECTIVES:

1

Reduce occurrence of malnutrition among children (0-5 years).

2

Reduce the occurrence of malnutrition and anaemia among adolescent girls and women in the reproductive age.

3

Creating a pool of resources at the community level, especially SuPoshan Sangini.

4

Support the government's efforts in reducing IMR (Infant Mortality Rate) & MMR (Maternal Mortality Rate).

### OUR SUPOSHAN SANGINIS

The word Sangini is the translation of a 'companion' in Hindi, for that is who we truly are.

SuPoshan Sanginis are the big wheels of the project who are volunteers from different communities and are developed as assets to create a change which can be sustained independently. This also empowers them immensely and makes them self-reliant individuals, high on confidence. They are developed to excel in various fields such as:

Behaviour change stimulated – for, of, by individual family/ community

Making govt. Services accessible, accepted, expected by the community

Focussing curative & preventive aspects

Use of non-invasive technology

Easy & comprehensive information, education & communication tools

Improving a family's ecosystem



## *Message from our Chairperson*



**Dr. Priti G. Adani**

Adani Foundation, since its inception in 1996, has been working in the four core areas of Education, Community Health, Sustainable Livelihood Development, and Community Infrastructure Development for the inclusive and integrated development of communities.

Access to proper nutrition and having an informed choice of diet are fundamental to leading a healthy and dignified life. Moreover, right nutrition during the first 1,000 days in a child's life, the pre-natal and post-natal periods, have great impact on the child's ability to grow, learn and succeed. This crucial phase also shapes the cognitive, emotional and physical well-being of the child, almost permanently.

Besides children, adolescent girls and young mothers hold immense importance in the nutrition agenda as they play a crucial role in the journey of a healthy society and a prosperous nation. Project SuPoshan is a multidimensional initiative to curb malnutrition and anaemia. This recipe booklet is one of SuPoshan's numerous endeavours in taking the learning and good practices much beyond the intensive project areas spread across the country.

While dreaming for a healthy growing nation no attempt is too small and no effort is too big.

Let us come together to make it happen.

## Key Contributors



**Ms. Kavita Sardana**

Advisor: Health and Nutrition, Adani Foundation

Ms. Kavita Sardana has got over two decades of experience in teaching and counselling. She is passionate about working in the fields of health and nutrition. As an Advisor, Health and Nutrition at Adani Foundation, Ms. Sardana has been passionately involved in building nutrition education programmes that help individuals and families make healthier food choices with the resources available in their immediate surroundings. She holds a Postgraduate degree in Dietetics and Public Health Nutrition. Her passion towards building a healthier India made her join Project SuPoshan. In this book, Ms. Sardana has formulated affordable nutritive recipes using locally available ingredients.



**Ms. Sushama Oza**

Director: Strategy and Sustainability, Adani Foundation

Ms. Sushama Oza believes in working hands-on and has spent considerable time with people and communities across India. She is known amongst her peers for the multi-disciplinary approach she takes while addressing challenges to come up with a sustainable solution. Under her leadership, SuPoshan project has expanded to 1,209 villages and 3,00,750 households. Ms. Oza's wealth of knowledge and invaluable insights in the areas, especially those related to adolescent girls, pregnant women and mothers; has made a meaningful contribution to this book.

## About the booklet



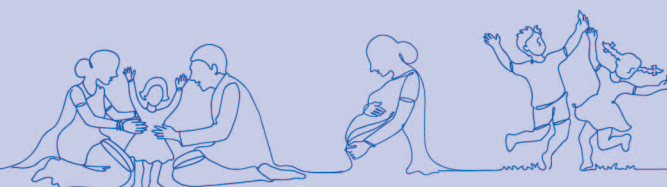
Project SuPoshan acknowledges the fact that humans are a product of the daily meals they consume; our well-being and happiness depend on our food habits. During the field visits, the team could sense a gap between the available resources and the eating habits of our target audience. This identification led us towards an idea of bridging the gap by providing nutritional recipes and information.

Hence, the purpose of this booklet is to inform, educate and inculcate a habit of nutritious food preparation in our readers. This booklet has been designed considering the economic, social and cultural factors, inclusive of low cost, easily available ingredients, taste, texture, palatability and colour combination. Through this booklet we intend to reach out to the remote areas of India and serve them with nutritive recipes which can be cooked in a hassle-free manner, using locally available ingredients. The recipes are inclusive of Moringa-based dishes, meals for pregnant and lactating women and finger foods for children. Each recipe has been designed in a way which would be easy to cook, low in cost and easily acceptable & adaptable to the targeted families. Each mentioned recipe has been discussed in detail and provides the reader with the list of ingredients, the amount to be used and the time required to cook the same. At the end of each recipe we have provided nutritional tips, information and knowledge for the purpose of awareness and a better understanding.

This booklet is available in multiple languages



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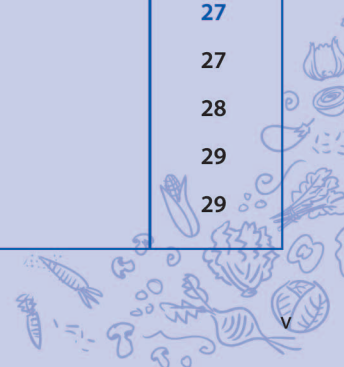


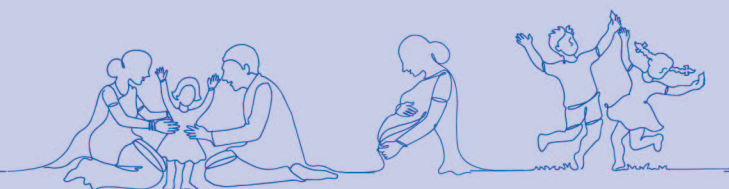
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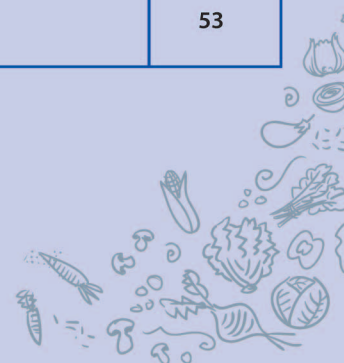




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# ***Section 1***

# *Sehat Ki Khaan Yeh Hai 'Sehjan' Ki Shaan*

*Aaj Ka Hamara Superfood!*



## Brief About The Sehjan Tree



### SEHJAN TREE

**Sehjan or Drumstick, scientifically known as *Moringa Olifera*, is commonly called Saragava in Gujarati, Shevaga in Marathi, Murungai in Tamil, Muringa in Malayalam and Munagakaya in Telugu. It is a tropical tree native to India, grown for its green leaves, flowers & green pods.**

Sehjan is a drought tolerant, medium-sized, evergreen tree that requires a warm, frost-free climate to flourish in. Its tender leaves and twigs can be harvested when the tree is about 1.5 to 2 metres tall. Taller plants bear cream-white, small flowers in clusters throughout the season, which subsequently develop into long slender dark-green, three-sided edible seedpods with tapering ends.

Each pod measures about 10 -18 inches in length, with constrictions at the seed nodes. Inside each pod is fleshy pulp and round pea-sized seeds encased within a wing-shaped coat.

The entire tree is almost considered and called the ***Queen of all Greens***.

It is valued for having the richest source of beta carotene (a form of Vit. A), amongst all green leafy vegetables. In the present times, research has proven across the world that it is one of the superfoods to be incorporated in our daily diet.

**Let's understand the nutrient facts of Sehjan leaves, pods & flowers followed by the culinary uses and a step-step guide to cook a few nutritilicious Sehjan Recipes.**



## Nutrition Facts Of Sehjan Leaves / Pods/Flowers



- Sehjan green leaves are an excellent source of protein, which is a unique feature for any herb or leafy green in the entire plant kingdom.
- It works as a natural energy booster
- Sehjan leaves are definitely a powerhouse of valuable nutrients

**The table below depicts the comparison of nutritive value of moringa leaves to that of other foods.**

Twice the amount of protein as in curd
7 times the amount of vitamin C as in oranges
4 times the amount of calcium as in cow's milk
4 times the amount of Vitamin A as in carrots
Thrice the amount of potassium as in bananas
Twice the amount of iron as in spinach

### SEHJAN PODS

- The pods are the most used part as a vegetable in Indian cooking
- It is the flower of this tree that grows up into slender, dark-green drumstick pods
- Green pods have a high iron, calcium & copper content, which contributes to improving our bone density and thus make our bones strong
- Also being a rich source of B-complex vitamins, these pods help in the process of the digestion of food

### SEHJAN FLOWERS

- Rich source of proteins, calcium & other minerals, though used less
- Have antibiotic properties & help fight infections
- Since they are rich in proteins, prevent tissue damage & also strengthen the liver
- Used for making hair oils due to their nice fragrance

### CULINARY USE OF SEHJAN

***Almost all parts of the tree have a culinary use.... it is a miracle tree.... a storehouse of incredible healthy nutrients!***

- The pods can be boiled, fried or roasted without much effort
- The fleshy parts can be used in the preparation of dals
- The flowers can be used for making tikkis, pakoras, vegetables and chillas along with other ingredients
- The leaves can be tossed well in oil with peanuts & eaten as a snack
- Fresh tender leaves can also be dried in the shade & crushed well to a powder form, to be used later for making chutney or chillas
- Children can be given this powder, diluted in milk/curd/dal/water

***Isn't this Sehjan tree miraculous? A storehouse of incredible healthy nutrients!***

## Why Sehjan Recipes?



Encouraging communities to grow & cook Sehjan-based recipes is a food-based strategy to prevent micro nutrient deficiency, which when neglected over a period of time impacts the nutritional status.

This food-based strategy works on many steps as it is –

- a) Preventive
- b) Cost-effective
- c) Sustainable
- d) Income-generating
- e) Culturally acceptable and feasible to implement
- f) Promotes self-reliance and community participation

## PREPARATION TIPS – SELECTION & STORAGE

- Fresh green leaves and tender seed pods should be used in the cooking process
- Mature leaves can be dried, powdered and stored for later use
- Always clean and wash the green leaves in cold water as in the case of other greens
- Clean the pods in cold water, trim the ends & cut them into one or two inch intervals for use in curries/dals/vegetables

### HANDY WEIGHTS & MEASURES

1 teaspoon (tsp) = 5 grams

2 teaspoons (tsp) = 10 grams

3 teaspoons (tsp) = 15 grams

1 tablespoon (tbsp) = 3 teaspoons (tsp) = 15 gram

4 tablespoons (tbsp) = ¼ cup approximately

1 cup = 200ml

½ cup = 100ml



## 1.1 Drumsticks & Potato-Vaal Beans Vegetable



Serving size: 2 persons

Preparation time: 20 minutes

Cooking time: 30 minutes

INGREDIENTS	AMOUNT
Sehjan phalli (washed, peeled, chopped)	3-4 phalli's (cut into 1 inch-long pieces)
Potatoes	2 (cut into cubes)
Onions	2 chopped
Tomatoes	1-2 chopped
Vaal boiled	1/2 cup soaked (3- 4hrs) & boiled
Coconut fresh (grated)	1 tbsp
Ginger-garlic paste	1 tbsp
Cumin seeds, Sesame seeds	1 tsp each
Curry leaves	5-6 leaves
Mustard seeds (Rai)	1tsp
Green chillies	1-2 chopped finely
Gur (optional)	1 tsp
Coriander	Few leaves chopped
Salt, Turmeric powder, Hing, Garam masala	As per taste
Oil/Ghee	1 tbsp

### Method – Let's Cook

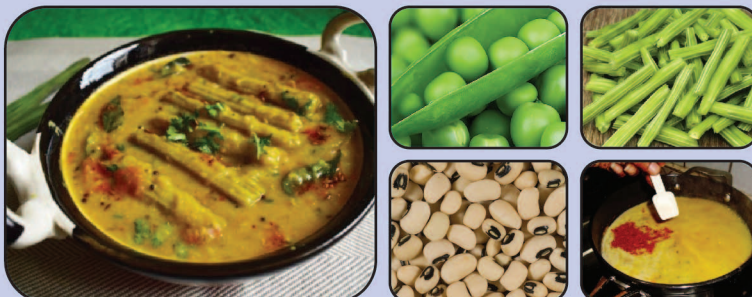
- Heat oil in an iron karahi. Add hing, mustard seeds, cumin seeds, sesame seeds & curry leaves – let them splutter, add ginger-garlic paste, cook for few minutes
- Add chopped onions, cook for few mins. then add tomatoes & all the spices, cook for few minutes
- Add chopped potatoes, sehjan phalli, mix well
- Add 2 cups of water, cover the karahi & cook for 15 to 20 min till the vegetables are tender, add boiled vaal, gur & mix well. Continue cooking till the gravy is slightly thick
- Once cooked, immediately transfer it into a steel bowl
- Garnish with coriander & grated coconut
- Serve warm with boiled rice/chapatti/paranthas

### Nutrient tips

- Vaal beans are high in proteins, fibre, vitamin A, B, C & E, iron, calcium & copper
- Due to its high fibre content, it is healthy for diabetic people
- Vaal beans can be fried, salted & eaten as a snack
- Iron karahi cooks the food evenly, leaches out some iron into the food without any side effects. It fortifies the food with iron



## 1.2 Drumstick Peas Kadhi



**Serving size: 2 persons**

**Preparation time: 15 minutes**

**Cooking time: 30 minutes**

INGREDIENTS	AMOUNT
Sehjan phalli (washed, peeled, chopped)	4-5 each cut each into 1 inch pieces
Onions	2-3 chopped
Tomatoes	1-2 chopped
Green Peas/Chawli ( black eyed peas)	½ cup
Curd (dahi) slightly sour	1 cup
Besan	2 tbsp
Cumin seeds, Mustard seeds	1 tsp each
Green chillies	1-2 chopped
Ginger garlic crushed	1 tbsp
Oil/ghee	1 tbsp
Salt, Garam masala, Dhania powder, Haldi powder, Hing	As per taste
For tadka – Curry leaves, whole Red chillies	Few

### Method – Let's Cook

- Add 1 cup of water to curd; mix in besan, remove all the lumps. Cover & keep aside
- Heat oil in a pressure cooker, put in mustard seeds, cumin seeds and hing – let them splutter for few seconds
- Add ginger garlic paste, onions and tomatoes; cook the masala by adding all the spices
- Add peas or chawli and chopped phallis. Toss everything well, add water, close the cooker & cook till 2-3 whistles. Open the cooker & check the tenderness of the vegetables
- Mix in the curd-besan liquid by stirring continuously. Cook on slow flame for 10 -15 minutes
- For Tadka – heat ghee, add whole red chillies and curry leaves, let them splutter for a few seconds & pour it on top of the kadhi before serving
- Serve hot with rice/jowar roti/ragi roti

### Nutrient tips

- Peas, chawli, besan & curd are rich in protein, calcium & iron
- Chawli can be boiled & eaten as a side dish; it helps fight anaemia
- Dahi kadhi improves digestion, as it is loaded with good bacteria
- Ragi roti provides calcium, fibre, protein & iron



## 1.3 Drumstick-Potato Brinjal Curry



**Serving size: 2 persons**

**Preparation time: 20 minutes**

**Cooking time: 30 minutes**

INGREDIENTS	AMOUNT
Sehjan phali (washed, peeled, chopped)	2-3 (cut into 1 inch-long pieces)
Potatoes	2 chopped lengthwise
Tomatoes	3-4 (chopped lengthwise)
Onions	1-2 (chopped length wise)
Small Brinjals	4-5 (Cut into half-length wise)
Cumin seeds, Mustard seeds	1 tsp each
Ginger-garlic paste	1 tbsp
Dhania patta (chopped)	Few leaves
Salt, Haldi powder, Garam masala & Green chillies	As per taste
Oil	1 tbsp

### Method – Let's Cook

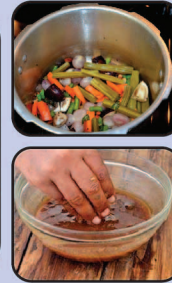
- Heat oil in a Karahi, add mustard seeds, cumin seeds – allow them to splutter
- Add onions and fry till golden brown, add in ginger-garlic paste
- Mix in tomatoes and all the other spices. Put in chopped potatoes & sehjan phalli pieces, pour in 1-2 cups of water & cover the vessel. Cook on low flame for 15 minutes till they become tender
- Now add in chopped brinjal pieces and cook till done. Add garam masala & toss everything well.
- Add crushed peanuts
- Cook till the gravy is thick & garnish with coriander leaves
- Serve hot with bajari roti/besan parantha/rice

### Nutrient tips

- Brinjals provide iron, fibre & vitamin B. Most of the nutrients are present in the brinjal peel (deep purple), so cook along with it
- The (antioxidants) of brinjals prevent nerve inflammation and facilitate blood flow to the brain – help improve memory
- Peanuts add crunch & provide proteins, many minerals & vitamins
- Potatoes are a good source of energy and vitamin B & C



## 1.4 Drumstick Dal Sambhar



**Serving size: 2 persons**

**Preparation time: 25 minutes**

**Cooking time: 30 minutes**

INGREDIENTS	AMOUNT
Tovar dal soaked for 20 to 30 min before cooking	½ cup
Sehjan phali (washed/peeled/chopped)	2-3 cut into 1 inch long pieces
Small brinjals (chopped), Lady fingers (whole with slit in the middle), carrots (chopped)	2-3 of each
Pumpkin	½ cup chopped
Tomatoes	2 chopped
Tamarind pulp, Sambhar powder	1 tbsp each
Green Chillies (chopped), Ginger & garlic (chopped)	2 – 3, 1 tbsp
Onions	2-3 chopped
Mustard seeds/Cumin seeds	1 tsp each
Salt, Haldi powder, Hing	As per taste
Water	1 -2 cup
Oil/Ghee	1 tbsp

### Method – Let's Cook

- In a pressure cooker boil Tovar dal with salt, haldi powder & chopped sehjan phalli
- Heat oil in a karahi, add ginger, garlic, green chillies and sauté, then add all the chopped vegetables – brinjal, pumpkin, lady finger & all spices. Cook for few minutes & add water
- Cover the karahi till vegetables are tender
- Open the cooker, mix the dal well and add in strained tamarind pulp and sambhar powder along with the cooked vegetables. Cook on low flame for 10 minutes
- For the tadka - Heat oil in a pan, add mustard seeds, cumin seeds, hing and curry leaves. Allow them to splutter for a few minutes. Pour it on top of the dal before serving
- Serve hot with rice/idli/dosa/uttapam

### Nutrient tips

- Sambhar is rich in proteins, calcium, iron, folic acid; Vitamin A & C
- Sehjan phalli enhances the flavour of sambhar
- Soaking dal is important to reduce the cooking time
- Tamarind is rich in vitamin C – helps build up the immunity
- As an option, tamarind pulp can be mixed with dates, honey, cardamom, cloves and coriander seeds to make a refreshing drink



## 1.5 Nutritive Drumstick Leaves Parantha



**Serving size: 2-3 paranthas**

**Preparation time: 25 minutes**

**Cooking time: 15 minutes**

INGREDIENTS	AMOUNT
Wheat flour + Ragi flour + Gram flour	1 cup + 1tbsp + 1tbsp
Sehjan leaves ( washed & chopped)	1/2 cup
Dal boiled (optional) or leftover cooked vegetable/dal	2 tbsp
Green onions with leaves (chopped)	3-4
Carrot (grated)/ Boiled Potato (mashed)	1-2
Green chillies (chopped)	2-3
Coriander (fresh)	Few leaves
Salt, Haldi powder, Ajwain, Jeera, Alsi and Sesame seeds	As per taste
Oil/Ghee	2-3 tbsp
Curd	1 tbsp
Water	As per requirement

### Method – Let's Cook

- Heat little oil in a karahi, sauté chopped sehjan leaves for 10 mins. Let them cool down
- In a bowl, mix sehjan leaves with all of the above ingredients along with the spices and prepare a soft dough for the paranthas
- Divide the dough into equal parts. Shape them into smooth balls. Roll the dough balls into paranthas of any shape – round/triangle/square
- Heat an Iron tawa, drizzle ghee/oil. Cook the paranthas on both the sides
- Serve hot with tomato chutney/coconut chutney/lemon pickle/mint chutney/butter milk

### Nutrient tips

- Paranthas are the easiest way to incorporate sehjan leaves in our diet
- Make it as nutritive as possible by adding any leftover vegetable or dal in the dough, instead of water
- Paranthas are a rich source of energy and have a satiety value
- They can be given to children in their school lunchboxes



## 1.6 Drumstick Leaves Pulao



**Serving size: 2 persons**

**Preparation time: 25 minutes**

**Cooking time: 20 minutes**

INGREDIENTS	AMOUNT
Sehjan patte washed & chopped	1 cup
Rice	1 cup washed & soaked for 20 min
Potato	2 medium
Carrots/Beans/Peas/Cauliflower as per the season	Chopped into small pieces
Channa dal/Green chilka/whole Green moong	½ cup mixed or any one, soaked
Onions	2 medium sliced
Tomatoes	1-2 medium chopped
Ginger garlic	1 tbsp chopped finely
Green chillies	1-2 finely chopped
Salt, Garam masala, Sesame seeds + Flaxseeds, Jeera	As per taste
Oil/Ghee	2-3 tbsp

### Method – Let's Cook

- Heat oil in a pan. Add the leaves. Cook till the leaves become soft and dry (10 mins)
- Add salt & chopped green chillies. Let it cool & then grind it into a paste
- In a pressure cooker, heat oil – put in jeera, all seeds, onions & cook for few minutes
- Next add potatoes & all the available vegetables, along with the soaked dals. Mix well
- Add soaked rice, all the spices, cook for few minutes and then pour in the sehjan patta paste
- Toss it well in order to get a uniform green colour. Add water
- Close the cooker & cook for 2 to 3 whistles. Open and mix well
- Garnish with grated coconut, serve hot with pickle/chutney/curd

### Nutrient tips

- Pulao is a complete meal. It is a good combination of cereal & pulses. It provides proteins, carbohydrates, vitamins & minerals
- Flaxseeds provide fibre, proteins & omega 3 fatty acids – good for heart
- Sesame seeds provide energy, protein, calcium, iron and are a good cure for arthritis



## 1.7 Drumstick Leaves-Jackfruit Peanut Crispy Vegetable



Serving size: 2 persons

Preparation time: 20 minutes

Cooking time: 30 minutes

INGREDIENTS	AMOUNT
Sehjan patta (washed, chopped)	1 cup
Jackfruit (peeled, chopped)	2 cups
Onion (chopped)	2
Green chillies (chopped)	2-3
Ginger-garlic chopped/paste	1 tbsp
Curry leaves	4-5
Coconut (grated, fresh)	2 tbsp
Mustard seeds, Cumin seeds	1 tsp each
Peanuts crushed	1-2 tbsp
Oil/Ghee for masala	1 tbsp
Salt, Haldi powder, Garam masala	As per taste
Oil	For frying

### Method – Let's Cook

- Shallow fry the chopped Jackfruit till golden in colour and crisp. Sprinkle salt, red chilli powder & garam masala. Keep aside
- Use 2 tbsp of the same heated oil in a pan; add cumin seeds, mustard seeds, crushed peanuts, curry leaves, ginger-garlic paste, onion, green chillies, sehjan patta and cook for 10 -15 minutes till the leaves are done. Add salt & other spices
- Add in fried jackfruit, mix well & cook for few minutes
- Garnish with grated coconut
- Serve hot with besan roti/jowari roti/rice flour roti

### Nutrient tips

- Jackfruit is a soft fleshy easily digestible vegetable, rich in fibre, vitamin A, B, C & iron
- It gives a good taste & flavour when fried
- Ripe jackfruit is juicy, sweet & chewable – is eaten as a fruit also



## 1.8 Drumstick Leaves, Pods & Corn Vegetable



**Serving size: 2 persons**

**Preparation time: 15 minutes**

**Cooking time: 30 minutes**

INGREDIENTS	AMOUNT
Sehjan patte (washed, chopped)	1/2 cup
Sehjan phalli (washed, peeled)	3-4 cut into small pieces
Onion (chopped)	2
Corn (boiled)	2 tbsp
Ginger-garlic paste	1 tbsp
Coconut (grated)	1 tbsp
Green chillies (chopped)	1-2
Urad dal/Channa dal (soaked for 2-3 hrs)	1-2 tbsp each
Cumin seeds	1 tsp
Sesame seeds	1 tsp
Besan (dry roasted)	2 tbsp
Oil	1-2 tbsp
Salt, Haldi powder, Hing, Red chilli powder, Dhania powder	As per taste

### Method – Let's Cook

- Marinate (coat) the chopped sehjan phalli with turmeric, ginger-garlic paste, green chillies, salt, red chilli powder, dhania powder, cumin seeds, sesame seeds & soaked dal. Cover & keep aside for 1 hour before cooking
- Sprinkle roasted besan on the marinated mixture
- Heat oil in a karahi, put in the marinated sehjan phallis and cook on low flame with 1 cup water, till tender and crisp (15 - 20 mins)
- In another vessel, heat little oil – sauté the sehjan patte & add in boiled corn & cooked phallis, mix well
- Garnish with grated coconut
- Serve hot with Poshtik roti/Parantha

### Nutrient tips

- This dish is a complete dose of energy, vitamins, minerals & fibre
- Corn is rich in protein, vitamin A, C & B & antioxidants
- Corn can be boiled/roasted – eaten as a snack by the family



## 1.9 Drumstick Flower Vegetable



**Serving size: 2-3 persons**

**Preparation time: 10 minutes**

**Cooking time: 30 minutes**

INGREDIENTS	AMOUNT
Sehjan Phool (buds)	2 cups
Boiled Peas (optional)	½ cup
Onions	2 chopped
Tomatoes	2-3 chopped
Green chillies	2 chopped
Salt, Haldi powder, Garam masala	To taste
Oil/Ghee	1 tbsp
Coriander leaves	Few chopped

### Method – Let's Cook

- Clean the flowers and buds of the drumsticks of all the unwanted stems
- Boil some water in a pan, add flowers, little salt and let it cook for 2 minutes and then turn the flame off
- Close the lid and let it sit overnight for 8 to 9 hours. This will take the bitterness out of the flowers
- The water will become brown the next morning
- Now drain the flowers and put them under running water
- Put the flowers back in the pan and add fresh water
- Boil them for 20-25 minutes till the flowers are soft and cooked. Try to mash them with your fingers
- Drain the flowers using a strainer
- Squeeze out extra water using your hands & mash up the flowers
- Heat oil In a karahi , add peas and cook them for five to seven minutes till they become soft and crunchy
- Add chopped onions and sauté them till little brown, add chopped tomatoes and green chillies. And cook till tomatoes are softened
- Add salt and red chilli powder
- Add mashed flowers and mix. Let it cook on low flame for five minutes
- Sprinkle some Garam Masala
- Serve hot with bajari/ragi paranthas

### Nutrient tips

- This dish is rich in dietary fibre, Vitamin A, B & C
- Provides – protein, calcium, iron, phosphorus and magnesium



## 1.10 Drumstick Leaves Crispy Pakoras



Serving size: 10-12 Pakoras

Preparation & cooking time: 30 minutes

INGREDIENTS	AMOUNT
Sehjan leaves (washed, chopped finely)	1 cup
Gram flour	1 cup
Rice flour	1 tbsp
Green chillies/Garlic/Ginger	3-4 chopped finely
Salt, Red chilli powder, Ajwain, Sesame seeds, Flaxseeds, Chaat masala, Haldi powder	As per taste
Peanuts (crushed coarsely)	2-3 tbsp
Coriander leaves (chopped finely)	Few
Hing	A pinch
Water	As per the requirement
Oil	For deep frying

### Method – Let's Cook

- In a karahi sauté the chopped sehjan leaves with little oil for 10 min till crisp
- In a bowl take besan, mix in the above leaves, rice flour, turmeric, garlic, ginger and green chillies
- Make a smooth batter with water – cover it & put it aside
- Heat oil in a kadhai, from the above batter take a small portion in a spoon & prepare small pakoras
- Deep fry them on low flame till golden brown in colour
- Serve hot with coconut chutney/tomato date chutney
- Pakoras can also be used as koftas or pakoras for dahi kadhi. They can be stored for a day in a dry place
- Same ingredients can be used to prepare chillas

### Nutrient tips

- Pakoras/chillas are healthy tasty snacks for the family
- Rich in iron, calcium, protein & a good source of energy



## 1.11 Drumstick Leaves & Garlic Tangy Chutney



Serving size: 1 small bowl

Preparation & cooking time: 20 minutes

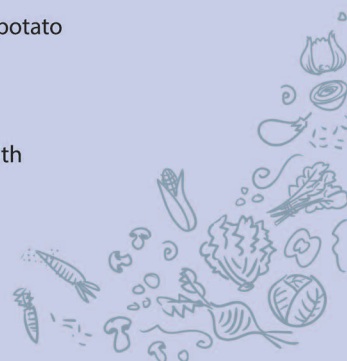
INGREDIENTS	AMOUNT
Sehjan leaves (washed, chopped)	2 cups
Garlic	5-6 pods chopped
Onion	1 medium chopped
Green chillies chopped	3-4
Curry patta & Dhania patta	Few leaves chopped
<b>For tadka</b>	
Mustard seeds	1 tsp
Urad dal	2 tsp
Oil	1 tbsp
Coconut (fresh - grated)	1 tbsp
Peanuts (crushed coarsely)	1 tbsp
Salt	To taste
Lemon juice/Imli pulp	1 tbsp
Jaggery	1 tbsp

### Method – Let's Cook

- Heat oil in a pan, put in Garlic, onions, chillies & cook for 2 to 3 minutes
- Add sehjan patta, curry patta & dhania patta. Sauté for about 10 minutes. Keep aside to cool
- Grind this in mortar pestle or in a mixer. Add lemon juice or imli pulp & salt, grated jaggery
- Lemon juice can be replaced by amla, during the season
- For the tadka, heat oil - put in hing, mustard seeds, urad dal; allow them to splutter. Add crushed peanuts
- Pour this tadka on top of the chutney & garnish with grated coconut
- This chutney can be stored for 3-4 days
- Serve with chapatti/pulao/parantha/chilla/boiled potato chaat/roasted sweet potato

### Nutrient tips

- Sehjan green leaf chutney is a complete dose of Vitamin A & C
- It improves the appetite, brings in colour to the food, and boosts digestive health



## 1.12 Drumstick Pickle



**Preparation time: 20 minutes**  
**Cooking time: 20 minutes**

**Preparation & cooking time: 20 minutes**

INGREDIENTS	AMOUNT
Sehjan Sehjan phalli 5-6 (washed & chopped)	20-25 pieces (cut into 1 inch long pieces)
Salt	2-3 tbsp
Oil for shallow frying & making the masala paste	½ cup
Red chilli powder ( deggi mirch)	2-3 tbsp
Tamarind pulp	2-3 tbsp
Mustard powder	2 tbsp

### Method – Let's Cook

- Take oil in a pan, let it heat well, deep fry the chopped phallis till light brown in colour. let them cool down
- Add tamarind pulp to these pieces and fry again for 5-10 minutes. Keep it aside to cool
- In a bowl - mix together salt, red chilli powder, mustard powder & oil to make a paste
- Next mix together fried sehjan phalli pieces and this paste. Shift this into a glass jar & let it rest for 3 to 4 days
- Pour a spoonful of oil on top – it acts as a preservative
- Consume it after 3-4 days
- Eat with parantha, rice, thepla

### Nutrient tips

- Moringa pickle adds variety, tanginess to the food
- Helps in digestion of food, boosts immunity & reduces sugar level
- As a precaution, consume it in moderation
- Eat it with rice/parantha



## 1.13 Drumstick Leaves & Moong Channa Chaat



Serving size: 2 persons

Preparation & cooking time: 30 minutes

INGREDIENTS	AMOUNT
Sehjan patte washed & cleaned	1 cup
Moong (boiled)	½ cup
Kabuli channa (boiled)	½ cup
Black desi channa (boiled)	½ cup
Onion	2 chopped
Tomato	2 chopped
Green chillies	2-3 chopped
Dhania leaves	Few chopped
Potato (boiled)	2 chopped into cubes
Salt, Chaat masala, Lemon juice	As per taste
Oil	1 tbsp

### Method – Let's Cook

- Soak desi channa, kabuli channa, and green moong in separate containers overnight. In the morning boil them in a pressure cooker with 1 cup water, salt & haldi powder. for two to three whistles. Drain out all the water & keep it aside
- Heat oil in a karahi and saute Sehjan patte
- Add in boiled moong, kabuli channa, desi black channa & chopped potato
- Toss them well for 10-15 minutes, add salt, chopped green chillies, onions, tomatoes & dhania leaves, chaat masala & remove from heat
- Squeeze in lemon juice, mix well
- Eat it fresh

### Nutrient tips

- Sumptuous snack for children, adolescents, pregnant & lactating women
- Loaded with good quality proteins, Vitamin A, C, iron & calcium
- Easy to prepare & adds lot of flavour to the meal
- Can be eaten with paranthas or packed as a snack



# ***Section 2***

# *Garbhwati Aur Stanpaan Karenewali Mahilao Ke Liye*

*Taakat Se Bharpur, Swaad Se Poorn,  
Yeh Hai Hamari Behno Ki Liye -  
Aaj Ka 'Suposhan' - Kal Ke 'Suposhit Bacche' Ke Liye*



## ***Brief About Pregnancy & Lactation***



### **Why special foods for pregnancy & lactation?**

Pregnancy & lactation are two very important physiological stages in the life of a woman. They are periods of utmost care for a woman as they are accompanied by a lot of hormonal, emotional & physical changes in the body.

As per NHFS IV data (around 55% women are found to be anaemic), it is observed that malnutrition often begins much before the baby is born. It is so because the diet of our young girls at adolescent time is often neglected to a large extent. As they grow, their poor food habits are reinforced & carried into adulthood. By the time these girls grow to become mothers, they have accumulated a lifetime of poor nutritional habits, along with the tradition of superstitious food practices that are often difficult to break.

Adani Foundation & Adani Wilmar together have taken progressive steps in educating & sensitising families towards these two special phases in the life of a woman. They are working towards a healthy growing nation, with the mission of eradicating malnutrition & anaemia amongst children, adolescents & women at a reproductive age.

Since there is a gap in our male & female diets, the Indian female gives least priority to her own needs & preferences in terms of special foods required during pregnancy & lactation. Taboos and misconceptions during pregnancy have been part of Indian culture since centuries. The abstinence of certain food items and incorrect knowledge has been depriving Indian women from adequate nutrition.

A balanced and adequate diet is of utmost importance during pregnancy and lactation, to meet the increased needs of the mother, in order to prevent nutritional stresses. In some communities pregnancy is associated with myths which attract the women not to eat more food in a bid to reduce labour pain by giving birth to a smaller baby. They believe that the child's development can be accelerated post-birth, whereas in reality it is quite a challenge. Undernourishment in such cases has already set in & leads to significant physical and cognitive damage, at the time of birth. In many families the concept of common items used as pre-lacteal feeds like boiled water, sugar-water, honey, ghutti needs to be discouraged as these food items are replacing the intake of colostrum, which is the first milk of mother & has to be given right after birth for lifelong benefits. Since most of the customs are traditionally based, culture oriented and sensitive, a careful approach of health education of all reproductive women is the need of the hour without hurting their cultural feelings.

It is also observed that diets of women from low socioeconomic groups are essentially similar during pre-pregnancy, pregnancy and lactating periods. Consequently, there is widespread maternal malnutrition leading to high prevalence of low birth weight infants and very high maternal mortality.





## *Let's remember — “Pregnancy is precious, so keep it safe”*

### **Pregnancy & lactation demand good nourishment both for the mother & the baby**

Knowledge about locally available fresh ingredients & planning meals with them requires little effort but leads to maximum nutrition. The basic principles of a healthy diet however remain the same, which means each meal should provide macronutrients like Proteins, Carbohydrates, Fats and micronutrients – vitamins and minerals in adequate amounts. But for pregnancy & lactation the requirements are enhanced due to increased demand of the biological system & hence we need to pay attention to the diets of the women in these special stages.

**An effort has been made to help mothers learn & practice cooking some special nutrient based recipes along with the right combination of affordable & nutritive foods.**

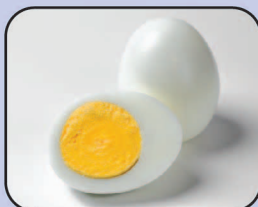
**These recipes are based on locally available ingredients & are laced with essential nutrients – carbohydrates, protein, iron, folic acid, calcium, vitamin A, B & C & fibre.**

**Find below a list of few food items which are rich in protein, calcium, iron and Vitamin C**

#### **Foods rich in protein**



Lentils



Eggs



Fish



Dairy Products

#### **Foods rich in calcium**



Almonds & Flax Seeds



Fenugreek



Banana and Figs



Curd

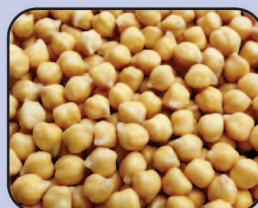
#### **Foods rich in iron**



Green Leafy Vegetables



Whole Grains



Chick Peas



Nuts

#### **Foods Rich in Vitamin C**



Orange



Cabbage and Cauliflower



Lemons and Tomatoes



Papaya

## 2.A Morning Foods

### 2.1 Halim Fennel, Peanut Laddoo



**Serving size: 10-15 laddoos**

**Preparation time: 15 minutes**

**Cooking time: 20 minutes**

INGREDIENTS	AMOUNT
Aliv (halim) washed & soaked in water for 3 hours in 1 cup water in a deep vessel	50 gm
Peanuts - (roasted & coarsely grounded)	2 tbsp
Fennel- (roasted & coarsely grounded)	1-2 tbsp (optional)
Ghee/Oil	2-3 tbsp
Dry/fresh coconut grated	1 cup
Jaggery	1 cup
Elaichi - optional	4-5 crushed

#### Method – Let's Cook

- Remove the swollen halim seeds from water
- Heat ghee in a karahi, add in grated coconut – roast for 3-4 minutes
- Add jaggery & Aliv seeds - keep stirring on low flame
- Add ground peanuts, fennel and elaichi powder
- Cook the mixture till ghee starts leaving the sides of the karahi, for 10 mins
- Turn off the flame, allow it to cool for a few minutes
- Grease your palms with ghee & prepare small round laddoos from the mixture
- Once cool, store them in an airtight container

#### Nutrient tips

- Aliv or Halim seeds are a powerhouse of Iron (100gm aliv provides 100mg of iron)
- Rich in – Energy, Protein, Folate, Iron, Calcium, Vitamin A & C – instant boost to the body
- Help in regulating menstruation
- Laddoos are a natural galactagogue – (increases milk production)
- Fennel – rich in fibre, Vitamin A, B & C, iron, calcium



## 2.2 Dates, Figs, Flaxseeds Laddoo



Serving size: 10 laddoos

Preparation time: 30 minutes

INGREDIENTS	AMOUNT
Dates (dried)	20-30 centre seed removed
Figs (dried anjeer)	5-10 pcs
Flaxseeds (roasted & powdered)	2 tsp
Peanuts (roasted & crushed)	1 tbsp
Sesame seeds - roasted	1-2 tsp
Ghee	1-2 tsp

### Method – Let's Cook

- Finely chop the dried dates & figs
- Mix both, together with your hands
- Add in flaxseeds, peanuts, sesame seeds & mix well till it becomes a dough
- Grease your hands with ghee & prepare small laddoos. Stack them in a jar
- Start the day with a glass of warm milk/tea & laddoos

### Nutrient tips

- Laddoos are rich in energy, protein, calcium, iron , Vitamin B & E



## 2.3 Jaggery-roasted Gram Flour Drink



- Take one glass of water; add 2 tbsp of dry roasted sattu powder
- Mix it thoroughly, add 2 tbsp of sugar or gur – dissolve it well
- Add a pinch of black salt & lemon juice to enhance its flavour

### **Nutrient tips**

- Gram flour – rich source of protein, calcium, iron & fibre. Easily absorbed by the body, cleanses the intestines, improves digestion
- Jaggery – healthier than white sugar, rich in iron, magnesium & potassium



## 2.4 Finger Millet & Gram Flour Green Pancakes



Serving size: 4-5 chillas

Preparation time: 20 minutes

Cooking time: 20 minutes

INGREDIENTS	AMOUNT
Finger millet flour (dry roasted)	1-2 tbsp
Gram Flour	1 cup
Onions	2 finely chopped
Palak/Radish leaves/Green onions	1 cup finely chopped
Coriander leaves or (whatever is available)	
Green chillies, Ginger	Finely chopped as per taste
Lauki (grated)	100-150 gms
Corn (boiled & crushed)	1 tbsp if in season
Curd	1 tbsp
Salt, pepper, chilli powder, hing, jeera	As per taste
Water	To prepare the batter
Ghee/oil	For cooking chillas

### Method – Let's Cook

- Prepare a smooth batter of finger millet flour & besan with water and curd in a bowl
- Add salt, hing & ginger-chilli. Keep aside covered for 10 minutes
- Add all the vegetables to the batter & mix well
- Heat the tava, apply little ghee over it, pour a spoonful of the batter, in a round form & spread evenly on all the sides
- Keep the flame low, cook from both the sides till crisp & golden brown in colour
- Serve hot with chutney/pickle

### Nutrient tips

- Finger millet – rich source of calcium, protein, iron & fibre, helps in milk secretion
- Green leaves provide iron, calcium & zinc
- Pancakes are energy-giving & nourishing for mothers



## 2.5 Sweet Banana Lassi



Serving size: 1 glass

Preparation time: 10 minutes

INGREDIENTS	AMOUNT
Ripe banana	1 chopped finely
Sugar	1 tsp
Cardamom powder	½ tsp
Curd	1 tbsp

### Method – Let's Cook

Mix together chopped banana, curd, sugar and elaichi powder with one glass of water. Churn everything in a mixer/ blender or mix thoroughly with a wooden spoon. Make sure there are no lumps. Serve cold.

### Nutrient tip

Bananas provide – energy, calcium, iron, protein, vitamin C, fibre & relieves acidity

## 2.6 Semolina Sweet Syrup



Serving size: 1 cup

Cooking time: 20 minutes

INGREDIENTS	AMOUNT
Semolina	2 tbsp
Sugar	2-3 tbsp
Ghee	2-3 tbsp
Water	1-2 cups

### Method – Let's Cook

- Heat ghee in a heavy karahi, add semolina. Keep the flame low
- Roast till light brown in colour & gives out a nice aroma of getting roasted
- Add in water & sugar
- Stir continuously so that no lumps are formed
- Cook till ghee starts separating from the sides. Serve hot with paranthas or poories

### Nutrient tip

Rich in energy, proteins & Vitamin B



## 2.7 Pearl Millet Flour & Fenugreek Parantha



Serving size: 2-3 paranthas

Preparation time: 15 minutes

Cooking time: 15 minutes

INGREDIENTS	AMOUNT
Fenugreek leaves (washed & chopped finely)	1 cup
Pearl millet flour	1 cup
Wheat flour	1-2 tbsp
Boiled potatoes	2 small mashed
Corriander, Green chillies	Few finely chopped
Ghee/Oil	1-2 tbsp
Salt, Pepper, Ajwain, Jeera, Haldi powder & Til seeds	As per taste

### Method – Let's Cook

- Combine pearl millet flour, wheat flour, fenugreek leaves and mashed potatoes along with the spices in a bowl; add warm water to prepare soft dough
- Divide the dough into equal portions and roll out each portion into flat paranthas
- Heat the tawa, cook the paranthas on a low flame by applying ghee on both sides
- Serve hot

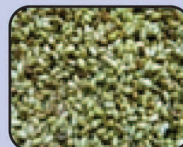
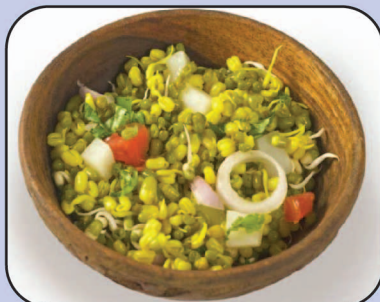
### Nutrient tips

- Pearl millet – rich in, protein, fibre, iron and vitamins
- It is naturally alkaline - soothing for the body, relieves constipation, obesity, hypertension and diabetes
- Fenugreek leaves – rich in fibre, folic acid, vitamin A & C, potassium, calcium and iron



## 2.B Lunch-dinner Recipes

### 2.8 Sprouted Moong Moth Dal



Serving size: 2 persons

Preparation time: 10 minutes

Cooking time: 20 minutes

INGREDIENTS	AMOUNT
Green moong, moth – sprouted	1 cup
Onions	2 chopped
Tomatoes	2 chopped
Green chillies, Ginger garlic – chopped	Few chopped
Salt, haldi powder jeera, garam masala, hing	As per taste
Ghee/Oil	1 tbsp
Coriander	Few leaves chopped

**For sprouting** – Soak green moong & moth in water for overnight, next day remove from water & allow the dals to sprout in a warm place. Once sprouted, use them to prepare subzi, rice, paranthas

#### Method – Let's Cook

- Heat oil in a karahi, add in chopped onions, ginger-garlic, green chillies, all spices & cook for a few minutes
- Next add tomatoes & cook till golden colour
- Add in sprouted moong & moth with 1 cup water. Cover the karahi
- Cook on low flame till they are tender. Serve warm with chapatti

#### Nutrient tip

Sprouts are a powerhouse of energy, proteins, vitamins & minerals



## 2.9 Garlic-Potato-Spinach Vegetable



**Serving size: 2 persons**

**Preparation time: 20 minutes**

**Cooking time: 20 minutes**

INGREDIENTS	AMOUNT
Spinach (washed & chopped)	500 gm
Potato (aloo)	2-3 chopped into small cubes
Garlic	5-6 pods chopped finely
Ginger	1 small piece chopped
Green chillies	2-3 chopped finely
Tomatoes	2 chopped finely
Salt, Haldi powder, Hing	As per taste
Oil/ ghee	1 tbsp

### Method – Let's Cook

- Heat oil in a karahi
- Add chopped lehsun & onions, cook for a few minutes
- Next add chopped green chillies, ginger and garlic
- Mix in cubed potatoes. Add all the spices
- Mix well, cover the karahi and cook until potatoes are done
- Add chopped spinach and tomatoes
- Cook till spinach water is dried up
- Serve hot

### Nutrient tips

- Spinach is a rich source of folic acid, iron, calcium, fibre, Vitamin C , A
- It boosts immunity, prevents anaemia, makes bones strong & regulates blood pressure
- Potatoes are a good source of energy



## 2.10 Sorghum Wheat Paranthé



**Serving size:** 3-4 paranthas

**Preparation time:** 10 minutes

**Cooking time:** 15 minutes

It is prepared by kneading together one cup jowar flour & half cup wheat flour, into a soft dough with warm water. Divide the dough into equal sized balls & roll them into rotis or paranthas with ghee.

### **Nutrient tip**

Sorghum flour – rich in fibre, proteins, vitamins & minerals

## 2.11 Lemon Water



**Preparation time:** 5 minutes

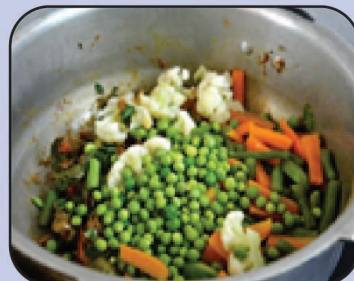
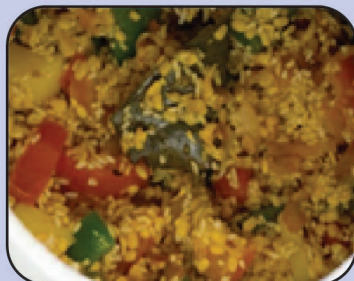
In a clean glass, pour in drinking water. Squeeze in the juice of one lemon. Add a pinch of black salt & jeera powder. Stir well. Put in 3-4 mint leaves. Have it before meals

### **Nutrient tip**

A good appetiser & source of vitamin C, it helps in increasing the absorption of iron from foods & builds up immunity in the system



## 2.12 Nourishing Vegetable Khichdi



**Serving size: 2 persons**

**Preparation time: 15 minutes**

**Cooking time: 15 minutes**

INGREDIENTS	AMOUNT
Rice (tukda)	¼ cup soaked for 30 min
Green Moong chilka, masoor dal, bajra	1/2 cup in all soaked for 30 min
Potato, Beans, Carrot, Cauliflower, Brinjal, Capsicum, Peas, Palak - Chopped	1 cup in all as per the availability
Onion, Tomato, Green chillies	1 each chopped
Ginger, Garlic chopped	1 tbsp
Salt, Haldi powder, Jeera, Hing, Chilli powder, Laung, Tejpatta, Elaichi, Til	As per taste
Water	2 cups
Oil/Ghee	1 tbsp

### Method – Let's Cook

- Heat ghee/oil in a pressure cooker. Add all the whole spice—jeera, laung, tejpatta and elaichi, Let them splutter for few minutes
- Add onions, ginger, garlic & cook till light brown in colour. Add tomatoes and green chillies along with all the vegetables. Mix them well
- Add soaked rice, dalia & dals
- Add all the spices & cook for few minutes
- Pour in water, mix well. Shut the pressure cooker
- Cook for 2-3 whistles & remove from heat. Let it cool down
- Open the cooker, toss well & garnish with coriander leaves
- Serve hot with curd, chutney or pickle

### Nutrient tip

Khichdi is a complete source of carbohydrates, proteins, vitamins & minerals



## 2.13 Tangy Broad Beans (Vaal) Chaat



Serving size: 2 persons

Preparation & cooking time: 25 minutes

INGREDIENTS	AMOUNT
Vaal (soaked for 3-4 hours)	1 cup boiled in a pressure cooker
Onions/Green onions with stalks	2 chopped
Tomatoes	2 chopped
Green chillies, Coriander	1-2 chopped, few for garnishing
Potato	1 boiled & cut into cubes
Peanuts	1 tbsp
Lemon	For juice
Salt, chaat masala, jeera powder	As per taste

### Method – Let's Cook

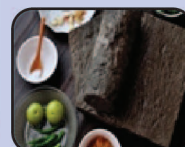
- Take boiled vaal beans in a bowl
- Mix together all chopped vegetables & crushed peanuts
- Add the spices & squeeze in lemon juice
- Garnish with coriander

### Nutrient tip

Vaal beans are a rich source of protein, calcium & vitamins



## 2.14 Amla Mint Chutney



Serving size: 1 small bowl

Preparation time: 15 minutes

INGREDIENTS	AMOUNT
Mint (cleaned & washed)	1 bunch
Coriander (cleaned & washed)	½ bunch
Amla	2 small chopped
Green chillies	2-3 chopped
Garlic	2-3 pods chopped
Ginger	A small piece
Onion	1 medium chopped
Jaggery (Gur)/sugar	1 tsp
Salt, Jeera powder	As per taste

### Method – Let's Cook

- Put all the above ingredients in a grinder & churn well to prepare the chutney or grind all together in a mortar pestle
- Add salt & gur at the end
- Store in an airtight bottle

### Nutrient tips

- Amla builds immunity in the body – protects from common flu & infections
- Aids lactation – ensuring that the baby gets immunity boosting milk
- Maintains blood pressure, prevents constipation & controls oedema
- Also has anti-diabetic qualities



## 2.15 Stuffed Soyabean Paratha



Serving size: 3-4 paranthas

Preparation & cooking time: 30 minutes

INGREDIENTS	AMOUNT
Wheat flour	2 cups
Soyabeans (soaked overnight)	100gm boiled & crushed
Onions	2 finely chopped
Ginger grated	Small piece
Salt, Pepper, Ajwain, Jeera	To taste
Coriander, Green chillies	Finely chopped
Oil/Ghee	2 tbsp

### Method – Let's Cook

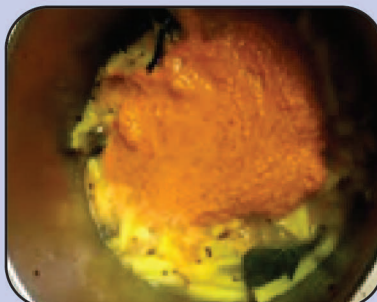
- Prepare a soft dough of wheat flour with water, cover & put aside
- Crush the boiled soybeans in a blender
- Heat oil in a pan, add jeera, ginger, onions & green chillies and cook for a few minutes
- Add crushed soyabeans & spices. If available add few chopped methi leaves
- Mix well so that it is dry enough to be stuffed in the paranthas.  
Add chopped coriander Use it for filling in the paranthas
- Divide the dough into equal sized balls & roll them out
- Put the dried soyabean filling in each ball of dough & fold it again with little oil
- Roll out again into flat paranthas
- Heat the tawa, cook the paranthas with oil/ghee on both the sides. Serve hot

### Nutrient tips

- Soya beans are a rich source of plant-based proteins, carbohydrates & fats
- Provide fibre & variety of minerals & vitamins – folate, copper and thiamine



## 2.16 Pineapple Chutney (Pineapple Sansav)



Serving size: 1 small bowl

Preparation & cooking time: 30 minutes

INGREDIENTS	AMOUNT
Pineapple	150 gm cubed
Coconut-fresh	½ cup grated
Ginger	Small piece chopped
Mustard seeds, Haldi powder	1 tsp, a pinch
Curry leaves	Few
Gur	2 tbsp
Salt, Whole red chillies, Curry leaves	For tadka

### Method – Let's Cook

- Dry roast the grated coconut, ginger, red chilli powder and haldi powder—grind into a fine paste with little water
- Heat oil, crackle mustard seeds – add chopped pineapple pieces & cook
- Add coconut paste & cook for a few minutes
- Put in spices & gur
- Cook till it melts
- Prepare a tadka of curry leaves & whole red chillies. Pour on top of the chutney
- Pineapple sansav is a sweet chutney and can be relished with paranthas/dosa/idli

### Nutrient tips

- Loaded with vitamin C & B, potassium, magnesium, protein & fibre
- Boosts immunity, reduces inflammation and prevents constipation



## 2.17 Ginger Chutney (Allam Pachhadi)



Serving size: 1 small bowl

Preparation & cooking time: 20 minutes

INGREDIENTS	AMOUNT
Channa dal	2 tbs
Dry Red chillies	4-5
Cumin seeds, Coriander seeds, Mustard seeds	1 tsp each
Ginger (chopped)	250 gms
Imli pulp	1 tbs
Jaggery (Gur)	1-2 tbs
Curry leaves	Few
Salt	To taste

### Method – Let's Cook

- Heat oil; add cumin seeds, channa dal, whole red chillies, coriander seeds, ginger, imli and salt
- Cook for a few minutes and take off from the heat. Cool, add gur & grind to a smooth paste
- For the tempering – heat oil, crackle mustard seeds, add remaining red chillies & curry leaves
- Pour it on top of the chutney
- Serve with paranthas/pulao

### Nutrient tips

- Ginger is anti-inflammatory & has a lot of antioxidants – helps fight infections
- It reduces menstrual pains, stomach problems, motion sickness, nausea, morning sickness, colic pain & gas



## 2.C Time for Sweets

### 2.18 Poha Banana Phirni



Serving size: 1 small bowl

Preparation & cooking time: 25 minutes

INGREDIENTS	AMOUNT
Poha	½ cup
Milk	2 cups
Sugar	3 tbsp
Banana	1
Elaichi	2-3

#### Method – Let's Cook

- Dry Roast the poha in a karahi for 2 to 3 minutes till crisp, while stirring continuously
- On cooling grind it in a mixer to a coarse powder. Keep it aside
- Heat milk on a low flame for 10 minutes, add the coarsely ground poha
- Mix well and cook on a slow flame while stirring continuously
- Gradually add sugar
- Cook till it thickens, then pour it into a bowl or clay vessel. Let it set for a few hours
- Serve hot or cold
- Cut a banana into small pieces & place it on the top of the phirni

#### Nutrient tips

- It is a good source of carbohydrates, vitamin B iron, fibre and easy to digest
- It is good for diabetic people



## 2.19 Beetroot Halwa



Serving size: 1 small bowl

Preparation time: 10 minutes

Cooking time: 20 minutes

INGREDIENTS	AMOUNT
Beetroot (peeled & grated)	2-3 medium size
Milk	1 cup
Ghee/Oil	1-2 tbsp
Sugar	2-3 tbsp

### Method – Let's Cook

- Heat ghee in a karahi, add grated beetroot. Cook till the water dries up
- Add milk; keep stirring till it thickens. Add sugar & continue stirring
- Add ghee & continue mixing till ghee separates out from the sides of the karahi
- Remove from heat
- On cooling garnish with chopped nuts – peanuts, cashew. Serve warm after the meal

### Nutrient tips

- Rich in iron – helps form haemoglobin
- Keeps diabetes under check, regulates blood pressure, and reduces bad cholesterol
- Rich in vitamin C, fibre, folate & vitamin A
- Beetroot – eat as salad, grate into the rice while boiling, knead into the wheat dough for paranthas or poories



## 2.20 Bottle Gourd Halwa



Serving size: 1 bowl

Preparation time: 15 minutes

Cooking time: 20 minutes

INGREDIENTS	AMOUNT
Bottle gourd (dudhi) – peeled, washed & grated	500 gm
Ghee/Oil	1 tbsp
Milk	1-2 cups
Sugar	2-3 tbsp
Cardamom powder	1 tsp

### Method – Let's Cook

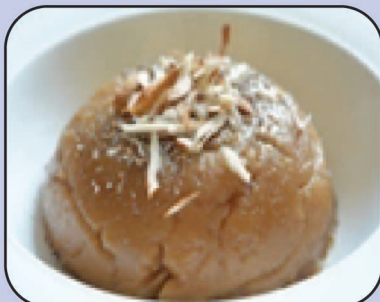
- Heat ghee in a heavy karahi, add grated dudhi. Cook till water dries up
- Add in milk & let it simmer for 10-15 minutes. Add sugar & continue stirring
- Cook till it thickens. Sprinkle cardamom powder. Remove from heat
- Serve hot

### Nutrient tips

- Dudhi is a rich source of energy, vitamin B & C, fibre and iron
- Very nourishing during pregnancy & lactation – provides additional calories which compensate for the increased demand during these stages



## 2.21 Jaggery Wheat Flour Halwa



Serving size: 1 bowl

Cooking time: 20 minutes

INGREDIENTS	AMOUNT
Atta/Wheat flour	½ cup
Ghee	2-3 tbsps
Sugar/Jaggery	½ cup
Water	1-2 cups
Elaichi powder	½ tsp

### Method – Let's Cook

- Heat ghee in a karahi, add in atta, keep roasting till golden colour (about 10 minutes), continue till the raw smell disappears
- Side by side, in another pan, prepare gur syrup – dissolve gur in warm water on a low flame
- Once the atta is done, pour in gur syrup from the sides very carefully as it is likely to splutter
- Mix well with quick movements of the ladle to remove all lumps
- Cook till it thickens & ghee separates from the sides of the karahi. Sprinkle elaichi powder & serve hot

### Nutrient tips

- Rich in calories & fat – keeps the stomach full for a long time
- Helps in soothing the throat and clearing congestion caused by bad coughs and colds



## 2.D Tangy Snacks

### 2.22 Spinach Leaves And Corn Chaat



Serving size: 2 people

Preparation time: 20 minutes

Cooking time: 15 minutes

INGREDIENTS	AMOUNT
Spinach leaves with stalks- cleaned & Washed	500 gm
Besan	2-3 tbsp
Boiled corn	1 tbsp
Salt, Chaat masala, Ajwain, Hing, Haldi powder	As per taste
Onions, Tomatoes, Green chillies	1 each chopped finely
Peanuts – coarsely crushed	1 tbsp
Oil	For deep frying

#### Method – Let's Cook

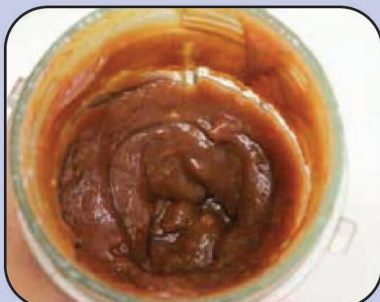
- Let the water drain out completely from the spinach leaves
- In a bowl prepare a smooth batter of besan & water, add haldi powder, ajwain, chaat masala, hing, crushed peanuts & chopped green chillies
- Heat sufficient oil in an iron karahi
- Once the leaves are dry, chop them along with the stalks into small pieces
- Mix them in the batter and add salt
- Take a small portion of this batter in a spoon & dip it into the hot oil for frying
- Prepare many more pakoras from the batter in the same way
- Fry till they are crispy & golden brown in colour
- Place these pakoras in a plate
- Garnish with chopped onions, tomatoes and boiled corn
- Top up with chaat masala & imli–khajur chutney

#### Nutrient tips

- Rich in energy, protein, iron, calcium, folic acid, Vitamin A & C
- Spinach is a superfood – good for hair, skin, bone health, blood volume
- Corn provides – fibre, folic acid & B complex vitamins
- It strengthens circulation, boosts immunity, aids lactation



## 2.23 Sweet & Sour Tamarind Date Chutney



Serving size: 1 small bowl

Preparation & cooking time: 20 minutes

INGREDIENTS	AMOUNT
Tamarind pulp	100 gm
Dates	5-6
Jaggery	1 tbsp
Black salt, Jeera powder, Red chilli powder	As per taste

### Method – Let's Cook

- Soak tamarind in water for a few hours after washing it well
- Remove the seeds & take out the pulp with the help of a strainer
- Soak dates in water for 10 minutes – remove seeds & chop
- In a pan heat tamarind pulp, add chopped dates
- Add salt, jeera powder, red chilli powder, black salt & cook till the dates softens
- Now add jaggery, keep stirring well
- Once slightly thick, remove from heat & let it cool. Once cooled, store in a glass bottle
- Serve with paranthas, pulao, chilla or chapati

### Nutrient tip

Tamarind chutney provides iron & vitamin C – improves digestion & can help control nausea.



## 2.24 Vitamin Bhel



Serving size: 2 people

Preparation & cooking time: 20 minutes

INGREDIENTS	AMOUNT
Carrots	2 medium
Cucumber	1 medium
Tomatoes	2 medium
Radish	1 small
Capsicum	1 small
Potato	1 medium boiled
Moong sprouts	2 tbsp - steamed
Desi channa – soaked overnight & boiled	2 tbsp - boiled
Onions	2 medium chopped finely
Corriander	Few leaves chopped
Green chillies	1-2 chopped
Salt, Jeera powder, Chaat masala	As per taste
Sev (optional)	1 tbsp
Imli-gur chutney	1 tbsp
Lemon	1 for juice

### Method – Let's Cook

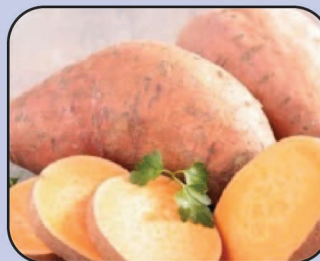
- Wash & peel carrots, cucumber and radish – cut into small cubes
- Cut capsicum, tomatoes, onions & boiled potatoes into small cubes
- In a bowl put all these together, add in steamed sprouts, boiled desi channa
- Mix everything well & add all the spices
- Squeeze in lemon juice; add chopped coriander & green chillies
- Sprinkle sev & imli gur chutney on top
- You a colourful tangy bhel

### Nutrient tips

- It's a bowlful of good health
- Rich in proteins, iron, calcium, vitamin A, B & C



## 2.25 Roasted Potato And Sweet Potato Chaat



Serving size: 2 people

Preparation & cooking time: 20-30 minutes

Ingredients	Amount
Aloo	2-3 medium size
Shakargandhi boiled or roasted in sand	2-3 medium size
Green chutney – optional	2 tsp
Lemon juice	1 lemon
Salt, Chaat masala, Jeera powder, Red chilli powder, Black salt	As per taste
Oil	1 tsp
Coriander leaves	Few chopped
Green chillies	1-2 chopped - optional

### Method – Let's Cook

- Parboil potatoes & sweet potatoes in a pressure cooker for 2-3 whistles, dry roast them on a tava along with the skin
- When tender, peel the skin out & cut into rounds or cubes
- Heat oil in a karahi, sauté the chopped potatoes & sweet potatoes till golden brown & crispy (optional)
- Transfer them into a bowl; sprinkle salt, jeera powder, lemon juice, coriander leaves & chopped green chillies
- Toss all well & serve

### Nutrient tips

- Sweet potatoes are rich in iron, calcium, Vitamin A, C & fibre
- Boosts digestion, improves vision, regulates blood pressure



# ***Section 3***

# *Bal Aahaar*

*Surakshit Jaise “Maa Ka Pyaar”,  
“Vaise Humara Bal Aahaar”*



## Brief About Finger Foods



### What are finger foods?

- Easy to grip food items (eaten with hands)
- Baby's fist size
- Home-cooked finger foods - healthy replacement of processed packaged foods
- Ensure the finger food is rich in vitamins and minerals
- Should be colourful & attractive

### When to introduce finger foods?

- Introduce as early as 7 months of age
- Follow age appropriate choices of finger foods
- Begin with soft to crunchy foods
- Start with different types of soft stick-shaped finger foods
- Around 9-month-old babies develop more precise hand control so encourage them to feed themselves



### Why finger foods?

- Improves the pincer grip
- Helps the child develop hand-eye coordination (fine motor skills)
- Improves sensory processing
- Introduces varied textures and tastes for the child
- Makes them independent eaters

### Steps to consider while feeding finger foods

- Ensure the baby is able to sit with its head up and chew well
- Start with small portions
- Remove seeds/peels of the food items to avoid choking
- Use little amount of salt/sugar (avoid spices)
- Ensure baby's hands are clean



### 3.1 Rice Rolls



**Serving size: 4 to 5 rolls**

**Preparation time: 15 minutes**

**Cooking time: 15 minutes**

INGREDIENTS	AMOUNT
Rice flour	1 cup
Carrot & beetroot (peeled & finely grated)	¼ cup
Potato (peeled & finely grated)	1
Gram Flour	2 tbsp
Coriander (finely chopped )	1 tbsp
Salt, Haldi powder	As per taste
Gur paste (gur diluted with water on low flame)	2 tbsp
Ghee/Oil	1 tbsp

#### Method - Let's Cook

Combine rice flour, carrots, beetroot, potatoes, coriander, gram flour and salt with 1/2 cup of water, in a deep bowl and prepare a smooth batter

- Grease the tava with a little ghee, pour a ladleful of the batter on it and spread in a circular motion to form a small thin circle
- Cook it on low flame till crispy and golden brown in colour on both sides
- On cooling apply a thin layer of gur on each thin round piece & roll it. It sticks on setting and forms a roll to hold well in the hands
- Serve fresh

#### Nutrient tip

- Easy to eat, provides a good amount of energy
- Rich in vitamin A & C, calcium & proteins



### 3.2 Amaranth Banana Sweet Poories



Serving size: 5 to 6 poories

Preparation & cooking time: 20 minutes

INGREDIENTS	AMOUNT
Amaranth flour	1 cup
Potato (boiled and mashed)	1
Ripe banana (mashed)	1
Ghee/Oil	1 tbsp
Salt	As per taste
Oil	For frying

#### Method - Let's Cook

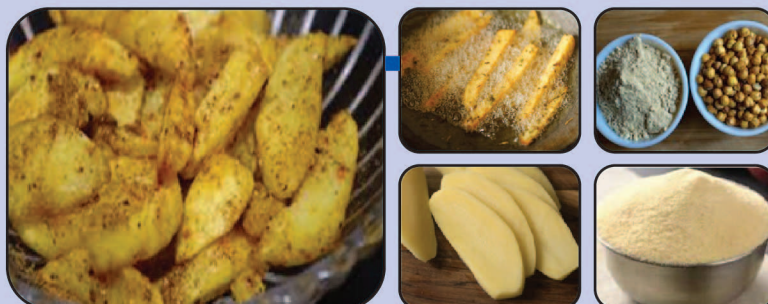
- In bowl mix together rajgira flour, ghee, mashed banana, potato & salt and knead them into a soft dough with water
- Heat oil in a karahi
- Divide the dough into equal sized balls; roll them out into small thick poories & deep fry till golden colour
- On cooling, roll them before giving it to the child

#### Nutrient tips

- Amaranth is a good source of calcium, proteins, iron & vitamin A, B & C
- Banana provides many minerals & good fibre
- Poories are nourishing & energy giving foods



### 3.3 Crispy Roasted Gram Flour Potato Wedges



Serving size: 15 to 20 pieces

Preparation & cooking time: 30 minutes

INGREDIENTS	AMOUNT
Gram flour	2 tbsp
Rava	1-2 tbsp
Parboiled potatoes (large size for easy grasp)	4
Salt	As per taste
Oil	For frying

#### Method - Let's Cook

- Cut the boiled potatoes into wedges
- Sprinkle some salt on them
- Prepare a smooth paste of sattu & water, add haldi powder, salt & mix well
- Heat oil in a karahi
- Dip the potato wedges into the sattu paste
- Take roasted rava in a plate, now roll the dipped potato wedges with rava from all sides
- Deep fry the wedges in hot oil on a low flame till crisp
- Same way long pieces of carrot or sweet potatoes can be fried & given to the child

#### Nutrient tips

- Good source of energy & proteins.
- Rava provides calcium, iron & vitamin B6
- Prevents anaemia & builds immunity



### 3.4 Banana Uttapam



Serving size: 5 – 6 uttapams

Preparation & cooking time: 30 minutes

INGREDIENTS	AMOUNT
Mashed ripe banana	½ cup
Suji	1 cup
Curd	½ cup
Gram flour	1 tsp
Powdered sugar	1 tbsp
Salt	To taste
Ghee/Oil	1 tbsp
Grated coconut	2 tbsp

#### Method - Let's Cook

- Mix suji, gram flour & curd together in a bowl, add warm water and salt to prepare a smooth batter. Keep it covered for 10 min.
- Once the batter is fermented, add mashed bananas, sugar & grated coconut to it
- Heat the tawa, sprinkle a little water on it & wipe it off gently using a cloth
- Pour a spoonful of batter on it and spread it in a thick circular shape
- Cook on low flame and spread ghee on both sides
- Once cooked, remove from the heat and let it cool
- Cut into half & serve

#### Nutrient tips

- Spongy Uttapam is easy to digest & has a sweet taste of banana
- Provides calories, proteins & vitamins
- Good for stomach and very filling



### 3.5 Crushed Chapati Jaggery Laddoos



Serving size: 5 to 6 laddoos

Preparation & cooking time: 30 minutes

INGREDIENTS	AMOUNT
Wheat rotis (use crisp ones/previous day's can be used)	3-4
Finely crushed peanuts & dalia	1 tbsp
Ghee/Oil	2 tbsp
Roughly chopped jaggery	3 tbsp

#### Method - Let's Cook

- Tear the rotis into very small pieces or grind them in a mixer
- Heat ghee and ghee, mix till ghee melts & remove from heat
- Add in the torn roti pieces, crushed peanuts & dalia
- Bind all of them very well with your hands
- Grease your palms with ghee & prepare small laddoos
- Store them in an air tight jar

#### Nutrient tips

- Laddoos are energy giving
- They are rich in iron, calcium, proteins & vitamins



### 3.6 Sorghum Sesame Lollipops



Serving size: 5 - 6 lollipops

Preparation & cooking time: 20 minutes

INGREDIENTS	AMOUNT
Sorghum flour (roasted)	1 cup
Ghee/Oil	2 tbsp
Chopped Jaggery	½ cup
White til	1 tbsp

#### Method - Let's Cook

- Heat ghee in a broad karahi, add gur and cook on a slow flame till it melts. Keep stirring continuously
- Remove from flame, add sorghum flour & til seeds
- Mix well & keep aside to cool for a few minutes
- Grease your palms with a little ghee & prepare small ladoos from the mixture
- Insert a small colourful stick in the centre of each ladoo to make it look like a lollipop
- Let them set well & store them in a jar

#### Nutrient tips

- Jowari lollipops are relished by children
- Good source of energy, proteins, calcium & iron
- Builds up immunity & boosts energy



### 3.7 Crispy Corn Moringa Crackers



Serving size: 8 - 10 crackers

Preparation & cooking time: 30 minutes

INGREDIENTS	AMOUNT
Whole wheat flour	1/2 cup
Corn flour	2 tbsp
Gram flour	1 tbsp
Moringa powder	1-2 tsp
Milk	2 tsp
Jeera powder	½ tsp
Salt and Haldi powder	As per taste
Sugar	1 tsp
Oil	For frying
Water and Oil	For the dough

#### Method - Let's Cook

- Combine all the ingredients in a bowl. Add 1 tsp oil and knead into a firm dough using water
- Divide the dough into equal portions
- Roll each portion flat on a hard flat surface
- Prick these flat pieces with the help of a fork and cut them into squares /diamond shaped 2-inch long pieces, using a knife
- Heat sufficient oil in a deep karahi
- Fry these cut out pieces on a low flame till they turn crispy & golden brown in colour
- On cooling down store them in an air-tight container

#### Nutrient tips

- Crackers are crunchy to eat
- Rich in protein, calcium, vitamin A & C, fibre & iron



## *SuPoshan's Pillar Organizations*



For a healthy growing nation

Adani Wilmar Limited (AWL) is a joint venture incorporated in January 1999 between the Adani Group – leaders in private infrastructure and Wilmar International Limited – Singapore, Asia's leading Agri business group. The Adani group was created with a vision of 'Nation Building' by developing assets of national economic significance. Wilmar International Limited – Singapore, Asia's leading Agri-business group & its business activities include oil palm cultivation, oilseed crushing, edible oil refining, sugar milling and refining, specialty fat, oleochemical, biodiesel and fertilizer manufacturing and grain processing. It has over 450 manufacturing plants and an extensive distribution network covering China, India, Indonesia and some 50 other countries.

The joint venture kicked off with the commissioning of India's first port-based refinery at Mundra, Gujarat and later on other such units were set up across other locations.

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Adani group established the Adani Foundation in 1996, to positively influence and serve communities it operates in. Today, the Adani Foundation has transcended its obligations as the CSR wing of the Adani Group and has become a strong proponent of championing the cause of the deprived and underprivileged. Its ideals are clearly reflected in actions in four key areas – Education, Community Health, Sustainable Livelihood and Rural Infrastructure. The foundation is headquartered in Ahmedabad. It also implements four special projects, namely SuPoshan, Swachhagraha, Saksham and Udaan. It touches lives of more than 5,00,000 families spread across 15 states.