



स्वास्थ्य एवं
परिवार कल्याण मंत्रालय
MINISTRY OF HEALTH AND
FAMILY WELFARE



रक्षा मंत्रालय
MINISTRY OF
DEFENCE

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HEALTHY RECIPES FOR DEFENCE



PREFACE

The role of nutrition in the well-being, performance and resilience of our defence personnel is critical. Recognizing the significant impact of nutrition on physical capability and overall health, it becomes imperative to prioritize and optimize the dietary practices of our military forces. Inadequate, excessive or imbalanced diets, coupled with medical conditions, can significantly impair the basic functions of the body, compromise cognitive skills, increase susceptibility to injury and illness impede recovery.

This book, "Healthy Recipes for Defence," aims to provide simple yet diverse culinary solutions using standard ration supplies. It draws upon the wisdom of nutrition and the power of the traditional Indian diet, known for its vibrant flavours, rich colours and nutrient-dense ingredients. For centuries, the Indian diet has encompassed a wide array of whole foods, spices, grains, legumes, fruits and vegetables, each contributing to a holistic approach to nutrition.

The recipes presented in this book have been curated to cater specifically to the climatic challenges commonly encountered in three distinct terrains: desert heat, forest terrains and missions in cold and high altitude areas. Each section offers recipes and nutritional guidance tailored to the unique demands and conditions encountered in these environments.

We celebrate the inclusion of "Shree Anna" (millets), in these recipes. Millets have been an integral part of the Indian diet for years and are recognized for their exceptional nutritional profile. The wide range of millets showcased in this book encompasses Pearl Millet, Little Millet, Proso Millet, Amaranth, Kodo Millet, Finger Millet, Barnyard Millet, Foxtail Millet, Sorghum, Browntop Millet and Buckwheat. Each millet brings its unique nutritional benefits to the table, providing a diverse array of flavours, textures and health-promoting properties.

It is our hope that this book serves as a source of guidance for a renewed approach to nutrition among our defence personnel. With this, we wish success, good health and a strong spirit for the defence personnel to face any challenge with vigour and resilience.

Jai Hind!



HEALTHY RECIPES FOR DEFENCE

CONTENTS

Introduction	3
Types of Millets.....	8
Terrain Specific Nutrition.....	23
FINGER MILLET RECIPES.....	28
Millet & Oat Breakfast Bars.....	29
Ragi Milkshake.....	30
Ragi Porridge.....	31
Ragi Pyaaz Ki Masala Roti.....	32
Ragi Chocolate Pudding.....	33
Ragi Ladoo.....	34
LITTLE MILLET RECIPES.....	35
Little Millet Hydrating Lemonade.....	36
Little Millet Protein Smoothie.....	37
Little Millet Energy Bar.....	38
Little Millet Idli.....	39
Little Millet Stir-Fried Tofu.....	41
Samai Salad.....	42
Little Millet Summer Bowl.....	43
Little Millet Tomato Rice.....	44
Easy Little Millet Khichdi.....	45
AMARANTH RECIPES.....	46
Amaranth Mango Porridge.....	47
Rajgira- Sprouts Bhel.....	48
Amaranth and Sweet Potato Cutlets.....	49
Amaranth and Carrot Cheela.....	50
PROSO MILLET RECIPES.....	51
Proso Millet Venpongali.....	52
Proso Millet Lentil Rice.....	53
Proso Millet Phirni.....	54
KODO MILLET RECIPES.....	55
Kodo Millet Protein Bowl.....	56
Kodo Millet Salad.....	57
Kodo Millet Energy Drink.....	58
Kodo Millet Homemade Sport Drink.....	59
Kodo Millet Fruit Parfait.....	60
Kodo Millet Smoothie.....	61
Kodo Millet Pulao.....	62
Kodo Millet Payasam.....	63
BARNYARD MILLET RECIPES.....	64
Barnyard Millet Energy Bars.....	65
Barnyard Millet Smoothie.....	66
Barnyard Millet Salad.....	67
Barnyard Egg Bhurji.....	68
Barnyard Millet Protein Bowl.....	69
Barnyard Millet Jaggery Payasam.....	70
Barnyard Millet Kesari.....	71
BUCKWHEAT MILLET RECIPES.....	72
Buckwheat Protein Smoothie.....	73
Banana and Buckwheat Oat Granola Bars.....	74
Buckwheat Dhokla.....	75
Buckwheat Handvo.....	76
Buckwheat Moong and Vegetable Khichdi.....	77
Buckwheat Chocolate Walnut Brownie.....	78
Mixed Millet Bread.....	79



BROWNTOP MILLET RECIPES	80
Browntop Millet Stuffed Mushroom	81
Browntop Millet Kheer	82
SORGHUM RECIPES	83
Jowar Barley Sattu Drink.....	84
Jowar Pancakes	85
Jowar Halwa	86
Dates and Coconut Modak with Jowar Flour	87
PEARL MILLET RECIPES.....	88
Pearl Millet Drink	89
Bajra Mathri	90
Mixed Grain Poori.....	91
Nutritious Namakparas.....	92
Bajra Bites	93
Bajra Curry	94
Bajra Laddoo.....	95
Bajra Kheer	96
FOXTAIL MILLET RECIPES	97
Foxtail Vegetable Soup.....	98
Millet Bean Salad.....	99
NOURISHING HYDRATORS RECIPES	100
Barley Water.....	101
Cucumber Mint Cooler	102
Solkadhi.....	103
Aam-Panna	104
Bael Sharbat.....	105
Peanut Amti Soup	106
Singada Kokum Amti	107
Masala Milk.....	108
Badam Ka Doodh	109
Jackfruit Seeds Milkshake.....	110
Fig And Apricot Shake	111
Green Minty Chass	112
Neer Mor	113
PROTEIN POWER RECIPES	114
Soybean Palak Tikki	115
Rajmah and Shepu Tikki	116
Dal Palak	117
Chole Paneer Bread Pakoda	118
Makki Ka Dhokla.....	119
Paneer Capsicum Stir Fry	120
Egg Curry.....	121
Chicken Thukpa.....	122
ANTIOXIDANT RICH VEGETABLES & FRUITS RECIPES	123
Sweet Sour Mango Curry	124
Sweet Potato Raita	125
Sweet Potato and Sesame Croquettes.....	126
Muli Ki Churi (Grated Radish & Tomato Salad).....	127
Stuffed Mushrooms with Spinach Au gratin	128
Cabbage Sabji.....	129
Aloo Matar.....	130
Green Peas and Corn Masala.....	131
Quinoa Patty	132
Sevaiyya with Coconut Chutney.....	133
Curd Coconut Chutney.....	134
Date and Apple Kheer	135



ARMY REBOOTING RATIONS WITH MILLETS

Posted On: 22 MAR 2023 1:19PM by PIB Delhi

With a view to promote consumption of millets in light of UN declaring 2023 as the International Year of Millets, the Indian Army has steered introduction of Millets Flour in the rations of soldiers. This landmark decision will ensure troops are supplied with native and traditional grains after over half a century, when these were discontinued in favour of Wheat Atta.

Traditional millet foods with proven health benefits and suited to our geographical and climatic conditions would be a vital step in mitigating life style diseases and enhancing satisfaction and morale of the troops. Millets would now form an integral part of the daily meal for all ranks.

Government sanction has been sought to procure millets flour not exceeding 25 percent of the authorised entitlement of Cereals (Rice and Wheat Atta), in rations for troops commencing from the year 2023-24 onwards. Procurement and issue will be based on option exercised and quantity demanded. Three popular varieties of millets flour i.e. Bajra, Jowar & Ragi will be issued to troops duly considering preference. Millets have the benefit of being a good source of proteins, micro-nutrients and phyto-chemicals thus boosting the nutritional profile of Soldier's diet.

In addition, advisories have been issued for Millets to be extensively used in organised functions, Barakhanas, canteens and in home cooking. Centralised training of chefs is being undertaken to prepare wholesome, tasty and nutritious millet dishes. Special emphasis for introducing value added millet items and snacks to troops deployed along Northern borders have been given. Millet foods are being introduced through CSD canteens as well as dedicated corners are being set up in shopping complexes. 'Know your Millet' awareness campaigns are also being conducted in educational institutions.

SC/RSR/GKA

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Source: <https://pib.gov.in/PressReleaselframePage.aspx?PRID=1909469#:~:text=Millets%20would%20now%20form%20an,the%20year%202023%2D24%20onwards.>

INTRODUCTION



Nutrition is fundamental to military physical capability, as well as the health and well-being of personnel. Nutrition forms part of the preparation for operational duties to ensure optimum fitness for tasks.

As Napoleon Bonaparte stated, "An army marches on its stomach."

Poor nutrition caused by an insufficient, over-sufficient, or unbalanced diet, or by a medical condition can lead to impaired basic functions of the body (e.g. breathing, heart activity, movement and temperature control), reduced cognitive skills, a predisposition to injury/illness and slower recovery from exercise, injury and illness. The effects of poor nutrition may result in reduced manning due to absenteeism; reduced operational readiness; and decreased retention of personnel.

Various environmental exposures (i.e. heat, cold and altitude) can alter combat effectiveness if nutritional needs and hydration are not met appropriately and the synergistic relationship between adequate fueling and operational performance on the battlefield cannot be underestimated when it comes to mission success.

It is well established that diversity in food choices leads to improved health by ensuring a broader

intake of essential nutrients, vitamins, minerals and phytochemicals. A varied diet promotes nutritional adequacy and micronutrient balance and supports a healthy gut microbiota. It reduces the risk of chronic diseases, helps prevent food allergies and sensitivities and contributes to psychological and social well-being. By incorporating a range of nutrient-dense foods, individuals can optimize their overall health, enhance immune function, improve digestion and reduce the risk of nutrient deficiencies and associated health issues.

The importance of variety in diet assumes greater significance in the military scenario, where there is exposure to various challenging terrains and environmental and logistical extremes.

This book has been curated to provide simple, yet nutritionally diverse recipes from standard ration supplies. Recipes are divided based on the suitability for the following climatic challenges that are commonly encountered:-

DESERT HEAT

Studies show that appetite is depressed and food preferences and eating patterns are changed in response to short-term and long-term exposure to



heat. The reasons for the depressed appetite may be both physical decreased intake to reduce the thermic effect of food and thereby keep body temperature from rising and psychological, caused by stress and the lack of desire to eat hot foods in hot environments. Adequate hydration appears to be necessary for depressed food intake to return to normal. Therefore, to enhance food intake in hot environments, it may be necessary to make changes in ration components as well as the social situation during meals and time of day for meal service and ensure that the soldiers are well hydrated

FOREST TERRAINS

These terrains provide significant hygiene challenges as the filth is constant and clothes that never dry completely and feel like wet rags against the body; allowing the most minute wounds to be infected. Personnel in the jungle are also susceptible to gastrointestinal and skin diseases; the damp skin produces ulcers with the rags rubbing against it, even with simple clothes. Diseases caused by the bite of animals, snakes, scorpions and insects are also common.

Nutrition can play a significant role in facilitating better health and recovery. Antioxidant-rich foods including seeds, nuts and dry fruits are recommended, along with sources of Iron, Vitamin and minerals like zinc for wound healing.

MISSIONS IN COLD AND HIGH ALTITUDE

A well-planned nutritional strategy plays an important role in combating these adverse altitude

challenges in high-altitude working conditions, where oxygen deprivation can cause many challenges. A carbohydrate-rich diet is found to be helpful as it enhances the metabolism of glucose. The requirement of vitamins such as vitamins A, E and C as well as some minerals especially, iron, zinc, selenium, copper and magnesium are also proven to be beneficial while training at high altitudes. Additionally, natural antioxidant foods can be used to minimize oxidative stress.

This recipe book draws on the traditional Indian diet, which is rich in diverse flavors, colors and ingredients. It consists of a variety of whole foods, spices, grains, legumes, fruits and vegetables that have been consumed in India for centuries. The traditional Indian diet can have several positive effects on health due to its nutritional composition and culinary practices. The recipes draw from the large diversity of ingredients that are available in our country and include some forgotten recipes.

The recipes include generous inclusions of the 'Shree Anna' – millets. These small grains are naturally gluten-free and packed with essential nutrients, making them an ideal choice for those with dietary restrictions or sensitivities. Moreover, these grains are rich in dietary fiber, vitamins and minerals, including magnesium, potassium and iron—nutrients that play a vital role in maintaining optimal health. Scientific studies have established their potential to boost immune function, regulate blood sugar levels and improve cardiovascular health—all crucial factors for soldiers operating in high-stress environments.

- ★ Finger Millet: Majorly grown in Karnataka and also grown in Rajasthan andhra Pradesh and Tamil Nadu, Ragi has High antioxidant activity and minerals, is the richest source of calcium and sulfur-rich amino acids make finger millet ideal for weaning foods.
- ★ Little Millet: Grown in the eastern ghats of India. Mostly, it is grown in Madhya Pradesh, Orissa, Jharkhand and Uttar Pradesh, Little Millet has High Dietary fiber and antioxidant activities along with high iron content making this smaller millet smarter.
- ★ Amaranth: Mainly grown in Kerala, Tamil Nadu, Karnataka and Maharashtra, this pseudo millet is a carrier of amino acids (lysine, phytosterols) along with other bioactive peptides, leading to its cancer-preventive and antihypertensive properties.



- ★ Proso Millet: Proso millet, popular in the Northern States of India, has the highest protein content along with high calcium. It reduces the risk of heart disease by reducing cholesterol levels.
 - ★ Kodo Millet: Grown majorly in India in Odisha, Madhya Pradesh, Karnataka and Tamil Nadu, Kodo millet is rich in niacin, pyridoxine, folic acid and other minerals. It consists of lecithin which is known to strengthen the nervous system.
 - ★ Barnyard Millet: Gamma amino butyric acid (GABA) and beta-glucan content in barnyard millet reduce blood lipid levels. It is also a better source of crude fiber and iron. It is largely grown in Uttarakhand, Tamil Nadu andhra Pradesh and Karnataka.
 - ★ Buckwheat: A pseudo millet with lysine, rutin and polyphenol compounds that controls blood pressure and possesses anti-inflammatory and anti-carcinogenic properties. It is mainly grown in Jammu and Kashmir, Uttarakhand, Himachal Pradesh and Chhattisgarh.
 - ★ Browntop Millet: Browntop millet cultivated in Karnataka and Andhra Pradesh, is at par with the other millets and is reported to be a good source of zinc, iron and fiber.
 - ★ Sorghum: Prolamin present in sorghum lowers digestibility upon cooking which is helpful for certain dietary groups. It is rich in beta-carotene, folic acid, riboflavin, etc. It is extensively grown in Maharashtra, Karnataka and Tamil Nadu.
 - ★ Pearl Millet: Majorly grown in Rajasthan Maharashtra, Gujarat, Uttar Pradesh and Haryana Pearl millet has the highest niacin content amongst all cereals. It is rich in protein, lipids along with dietary fiber.
 - ★ Foxtail Millet: It is the most digestible and non-allergic grain with a nutty flavor and high content of copper and iron, Grown in Meghalaya, Karnataka andhra Pradesh, Telangana and Rajasthan.
 - ★ Teff Millet: Teff grain cultivated in Karnataka is gluten-free, contains high polyphenols and has great potential to be formulated into a range of food/beverage products to aid people with celiac disease.
- We hope you enjoy this simple recipe book that would re-energize the way defence personnel nourish their bodies, combining tradition, science and a touch of culinary magic to create a force to be reckoned with—a generation of warriors ready! Jai Hind

TYPES OF MILLETS



FINGER MILLET

Other names: Ragi, Mandika, Marwah, Mandua (Hindi), Nagli, Nachni (Marathi), Ragi (Kannada), Ragulu, Chodi (Telugu), Keppai, Kelvaragu (Tamil), Marwa (Bengali), Nagli, Bavto (Gujrati), Mandia

INTRODUCTION

Finger Millet, also known as Ragi is an important millet grown extensively in various regions of India and Africa. Its scientific name is *Eleusine coracana*. It ranks sixth in production after wheat, rice, maize, sorghum and bajra in India. In India, ragi (finger millet) is mostly grown and consumed in Karnataka and to a limited extent in Andhra Pradesh, Tamil Nadu, Odisha, Maharashtra, Uttarakhand and Goa. It has different names in local languages. In India finger millet is commonly called by various names like ragi (in Kannada, Telugu and Hindi), also Mandua/Mangal in Hindi, Kodra (Himachal

Pradesh), Mandia (Oriya), Taidalu (in Telangana region), Kezhvaragu in Tamil etc. Finger millet is considered one of the most nutritious cereals. Finger millet contains about 5–8% protein, 1–2% ether extractives, 65–75% carbohydrates, 15–20% dietary fiber and 2.5–3.5% minerals.

ORIGIN

Coracana (Finger millet or *Eleusine*) is widely cultivated in Africa and India, commonly known as 'ragi' found to have originated in the beginning of Iron Age about 5000 years ago by domestication of wild weedy forms and termed as oldest known domesticated tropical African cereal.

MACRONUTRIENTS AND MICRONUTRIENTS

100 grams of Finger millet has roughly on an average



of 336 KCal of energy in them. The cereal has low fat content (1.3%) and contains mainly unsaturated fat.

Of all the cereals and millets, finger millet has the highest amount of calcium (344 mg%) and potassium (408mg%). However, the millet also contains phytates (0.48%), polyphenols, tannins (0.61%), trypsin inhibitory factors and dietary Fibre, which were once considered as “anti nutrients” due to their metal chelating and enzyme inhibition activities (Thompson 1993) but nowadays they are termed as nutraceuticals. Finger millet is rich in amino acids (Tryptophan, Threonine, Valine, Isoleucine and Methionine).

HEALTH BENEFITS

- ★ Finger millet is an excellent source of natural calcium which helps in strengthening bones for growing children and ageing people. Regular consumption of finger millet is good for bone health and keeps diseases such as osteoporosis at bay and could reduce risk of fracture.
- ★ It is now established that phytates, polyphenols and tannins can contribute to the antioxidant activity of millet foods, which is an important factor in health, aging and metabolic diseases.
- ★ Finger millet’s phytochemicals help in slowing the digestion process. This helps in controlling blood sugar levels in the condition of diabetes. It has been found that a finger millet-based diet helps diabetics as it contains higher fiber than rice and wheat. Also, the study found that a diet based on whole finger millet has lower glycemic response

i.e. lower ability to increase blood sugar level. This is due to the presence of factors in finger millet flour that lower the digestibility and absorption of starch.

- ★ Finger millet is a very good source of natural Iron and its consumption helps in the recovery of Anaemia.
- ★ Finger millet consumption helps in relaxing the body naturally. It is beneficial in conditions of anxiety, depression and insomnia. It is also useful for migraines.
- ★ Being non-glutinous, finger millet is safe for people suffering from gluten allergy and celiac disease. It is non-acid forming and hence easy to digest.
- ★ Green ragi (finger millet) is recommended for conditions of blood pressure, liver disorders, asthma and heart weakness.
- ★ If consumed regularly, finger millet could help in keeping malnutrition, degenerative diseases and premature aging at bay.

So, finger millet is an extremely nutritious cereal and is very beneficial for maintaining good health. Therefore, have received attention for their potential role as functional foods. However, its high intake could increase the quantity of oxalic acid in the body. Therefore, it is not advised to patients having kidney stones (Urinary Calculi). Finger millet could be enjoyed in different forms and preparations. ragi roti, ragi dosa, ragi porridge, ragi upma, ragi cakes, ragi biscuits are few popular dishes of finger millet (ragi).



LITTLE MILLET

Other names - Kutki (Hindi), Samai (Tamil), Samak (Hindi), Chama (Malayalam), Sava (Marathi), Gajro (Gujarati), Same (Kannada), Shavan (Punjabi), Kangni (Oriya), Bhagar (Marathi and Gujarati)

Introduction -

Little millet (scientific name: *Panicum sumatrense*) is believed to have originated in India, where it has been cultivated for thousands of years. It is one of the oldest cultivated crops in India, along with other millets like foxtail millet, pearl millet and finger millet. This gluten-free grain is packed with essential nutrients that make it a healthy addition to children's diets.

Origin - India

Rich in vitamins and minerals - Magnesium, iron, zinc, b vitamin

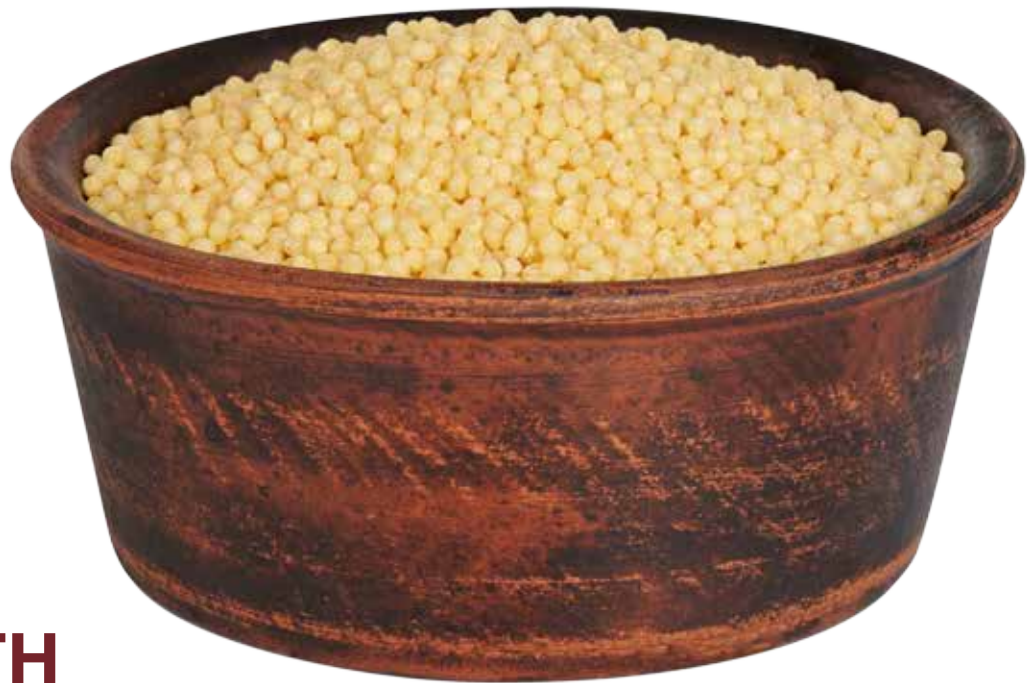
Health benefits -

Little millet is used for centuries in various cuisines across the world. It is a gluten-free grain that is high in nutrients and has several health benefits, particularly for Military personnel. Here are some of the health benefits of little millet for Military personnel :

1. Provides energy: Little millet is a good source of carbohydrates, which are the primary source of energy for Military personnel.
2. Promotes muscle recovery: Little millet is a rich source of protein, which is essential for muscle repair and recovery after intense exercise.
3. Reduces inflammation: Military personnel are prone to inflammation and oxidative stress due to intense physical activity. Little millet contains antioxidants, which can help reduce inflammation and oxidative stress..
4. Improves bone health: Military personnel are at risk of bone injuries and fractures due to the repetitive impact of physical activity. Little millet is a good source of calcium and phosphorus, which are essential for bone health.
5. Regulates blood sugar levels: Military personnel needs to maintain stable blood sugar levels to avoid fatigue and maintain energy levels during exercise. Little millet has a low glycemic index, which means it releases glucose slowly into the bloodstream, helping to regulate blood sugar levels.

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AMARANTH

Other names: Rajgira (Hindi)

Introduction:

Amaranth millet, commonly known as amaranth, is a versatile and nutritious grain-like crop that has been cultivated for thousands of years. It belongs to the Amaranthaceae family and is native to the Americas, where it was a staple food for the Aztecs and Incas. Amaranth millet is often considered a pseudocereal because it shares similar nutritional characteristics with true grains but is not classified as a grass.

Amaranth millet has gained popularity worldwide due to its exceptional nutritional profile. It is rich in protein, dietary fiber, essential minerals and vitamins. The protein content of amaranth millet is notably higher than most other grains and it contains a balanced profile of amino acids, including lysine, which is typically limited in cereal grains. This makes amaranth millet a valuable source of plant-based protein, particularly for those following vegetarian or vegan diets.

Furthermore, amaranth millet is gluten-free, making it a suitable alternative for individuals with gluten intolerance or celiac disease. It is also a good source of dietary fiber, which aids in digestion, promotes satiety and supports overall digestive health.

In addition to its nutritional benefits, amaranth millet offers culinary versatility. The tiny seeds can be cooked and consumed as a grain, similar to rice or quinoa, or ground into flour to make bread, pasta, or baked goods. Amaranth millet can also be popped like popcorn or used as a thickener in soups and stews.

Recent scientific studies have highlighted the potential health benefits of amaranth millet. Research suggests

that its bioactive compounds, including phenolic acids and flavonoids, exhibit antioxidant and anti-inflammatory properties, which may contribute to reducing the risk of chronic diseases such as heart disease and cancer.

Origin:

In recent decades, there has been a renewed interest in amaranth millet as a nutritious and sustainable crop. Its cultivation has expanded beyond the Americas to different parts of the world, including Asia, Africa and Europe. Today, amaranth millet is recognized as a valuable source of nutrition and is cultivated for its seeds, which are consumed as a grain and used in various culinary applications.

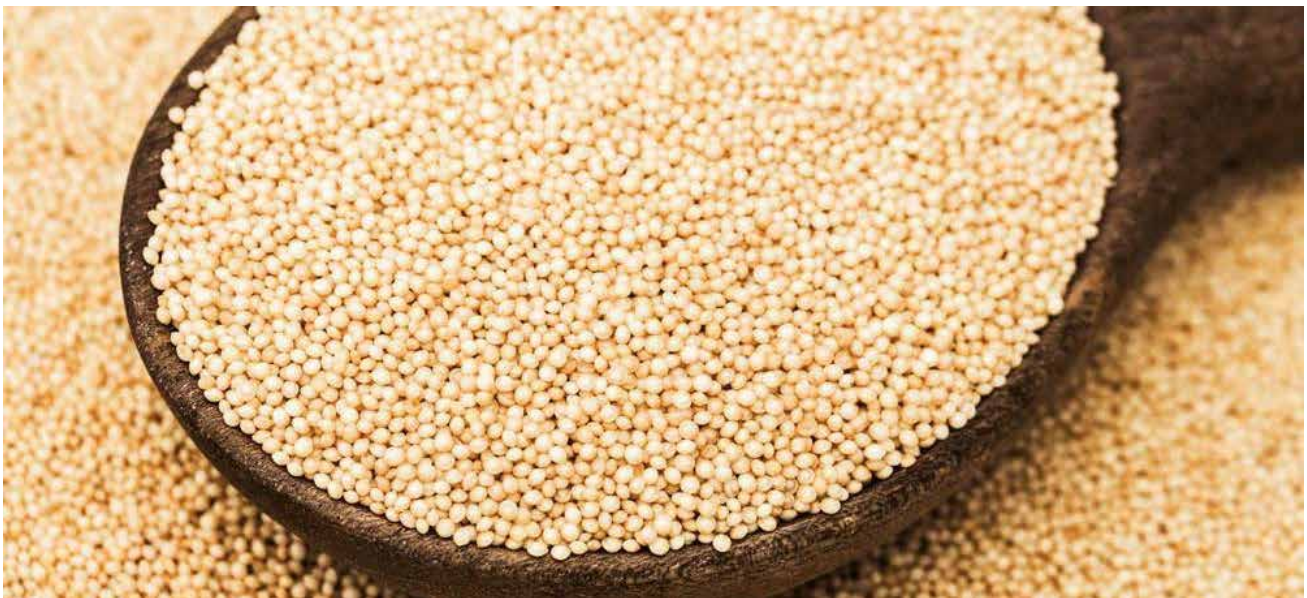
Despite facing challenges and suppression during the colonial era, amaranth millet has made a comeback and is now celebrated for its nutritional value and culinary versatility worldwide.

Benefits of having amaranth:

Nutritional profile: Amaranth is rich in protein, dietary fiber, essential minerals (such as iron, magnesium, phosphorus and manganese) and vitamins (including vitamin B6, folate and vitamin E). It also contains a good balance of amino acids, making it a valuable source of plant-based protein.

Gluten-free alternative: Amaranth is naturally gluten-free, making it a suitable grain substitute for individuals with celiac disease or gluten sensitivity. It provides an option for gluten-free baking and cooking.

Antioxidant properties: Amaranth contains various bioactive compounds, including phenolic acids and flavonoids, which exhibit antioxidant activity.



Antioxidants help protect the body against oxidative stress and may play a role in reducing the risk of chronic diseases.

Anti-inflammatory properties: Certain compounds in amaranth, such as peptides and flavonoids, have demonstrated anti-inflammatory effects in laboratory studies. These properties may have implications for managing inflammation-related conditions. [Reference:]

Vitamins and Minerals rich in:

Amaranth is rich in several micronutrients that contribute to its nutritional value.

Iron: Amaranth is a good source of iron, an essential mineral involved in oxygen transport and energy production in the body. Iron is particularly important for maintaining healthy red blood cells and preventing iron deficiency anemia.

Magnesium: Amaranth contains a significant amount of magnesium, a mineral involved in over 300 enzymatic reactions in the body. Magnesium is crucial for maintaining normal nerve and muscle function, regulating blood pressure, supporting bone health and promoting cardiovascular health.

Phosphorus: Phosphorus is another essential mineral found in amaranth. It plays a crucial role in bone and teeth formation, energy metabolism and cell growth and repair. Amaranth's phosphorus content contributes to overall mineral balance and supports various physiological processes in the body.

Manganese: Amaranth is a good source of manganese, a trace mineral that acts as a cofactor for various enzymes involved in metabolism, antioxidant defences

and bone development. Manganese plays a vital role in maintaining overall health and well-being.

Zinc: Zinc is a micronutrient found in amaranth that supports immune function, DNA synthesis and wound healing. It also plays a role in taste perception, fertility and normal growth and development. Amaranth can contribute to meeting daily zinc requirements.

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PROSO MILLET

Other names: Chena, Beri (Hindi)

Introduction -

Origin - Proso millet, also called the white millet, hog millet or Kashif millet is widely grown and consumed in India. It is sold as a health food. It has somewhat an egg-shaped fertile floret and its hull is hard and shiny which firmly encloses the seeds when it is shed.

It comes in a variety of colours, from brownish black, olive brown, light cream, orange red or even golden colour.

Rich in vitamins and minerals - Grains of proso Millet are a rich source of vitamins (niacin, B-complex vitamins and folic acid), minerals (PCa, Zn, Fe) and essential amino acids (methionine and cysteine), starch and phenolic compounds like antioxidants and Beta-glucan.

Health benefits -

1. Nervous system - Proso millet is loaded with Lecithin which indirectly stimulates the nervous system and keeps it functioning smoothly.
2. Lowers Bad cholesterol - Proso millet contains Phytic acid which helps increase the good cholesterol (HDL) and lowers the Bad cholesterol (LDL). Also, Proso millet is loaded with magnesium, which is beneficial for a healthy heart.
3. Prevents Pellagra - Pellagra is a skin disorder where the skin becomes dry, scaly and rough. It is

caused by the deficiency of Niacin (Vitamin B3).

Proso millet contains ample amounts of Niacin which helps prevent Pellagra

4. Celiac disease - Celiac disease is a condition in which the individual is highly resistant and allergic to gluten.

Proso millet, being gluten free is a great option for people with gluten sensitive enteropathy or Celiac disease

5. Rich in antioxidants - Proso millet is rich in antioxidants which helps in removing the free radicals out of the body. Free radicals are responsible for aging, dullness and wrinkles on the skin.

Having a sufficient serving of Proso millet in your daily diet can help delay the process of aging.

6. Diabetes - Daily intake of Proso millet can help reduce the risk of type 2 diabetes. Proso millet contains high amounts of magnesium which helps keep a check on blood glucose levels and regulates healthy insulin levels.

In addition to the above-mentioned health benefits, Proso millet serves as a healthy option for bone strengthening, heart and liver health, weight loss and can protect against Gallstones and Cancer too!

KODO MILLET

Other names: Kodo (Hindi), Kodra (Marathi), Harka (Kannada), Arikelu, Arika (Telugu), Varagu (Tamil), Kodo (Bengali), Kodra (Gujrati), Kodua (Oriya), Kodra (Punjabi)

Introduction -

Kodo millet, also known as *Paspalum scrobiculatum*, is a type of small-grained cereal crop that belongs to the family Poaceae. Kodo millet is a drought-resistant crop that can grow in poor soil conditions and is highly valued for its nutritional and medicinal properties. It is an important staple food in many parts of India, particularly in the southern states of Tamil Nadu, Karnataka and Andhra Pradesh.

Origin - Africa but is now widely grown in India, Southeast Asia and parts of Africa.

Rich in vitamins and minerals - Dietary Fibre, protein and minerals such as iron, calcium and zinc.

Health benefits -

Kodo millet is a nutritious cereal grain that has been consumed for thousands of years in many parts of the world. Here are some of the health benefits of Kodo millet, with references to scientific studies:

1. Good for heart health: Kodo millet is rich in antioxidants and dietary fiber, which may help reduce the risk of heart disease.
2. May help manage diabetes: Kodo millet has a low glycemic index, which means it can help regulate blood sugar levels.
3. Rich in nutrients: Kodo millet is a good source of essential nutrients like iron, calcium and B vitamins.
4. May help with weight management: Kodo millet is

low in calories and high in fiber, which can help promote feelings of fullness and reduce overall calorie intake.

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BARNYARD MILLET

Other names: Sanwa, Jhangora (Hindi), Bhagar (Marathi), Oodalu (Kannada), Udhalu, Kodisama (Telugu), Kuthiraivali (Tamil), Shyama (Bengali), Khira (Oriya), Swank (Punjabi)

Introduction - Barnyard millet (*Echinochloa* spp.) is emerging as one of the most significant minor millet crops in Asia. Amid various distinct, wild and cultivated species of *Echinochloa*, the two mainly grown and popular species are, *Echinochloa esculenta* (Japanese based barnyard millet) and *Echinochloa frumentacea* (Indian based barnyard millet). Barnyard millet has a wide range of adaptability even in the span of short life cycle, moreover, it's been proven that this crop is considered as a functional food as it has high nutrient and antioxidant value. The grains of barnyard millet are used as food and can be consumed by cooking like rice and also can be used as functional food for people suffering from allergic diseases and atopic dermatitis. The grain does contain all the macronutrients that too in acceptable quantities but above all, it contains more micronutrients mainly iron and zinc as compared to other major cereals. In addition to this, since the grain contains almost no gluten therefore it is one of the most suited cereals for the ones suffering from celiac disease, in which patients are intolerant to gluten.

Origin - The Barnyard crop is one of the most archaic crops cultivated in warm and temperate regions across the world, especially in the semi-arid tropics of Asia and Africa including countries like India, China, Japan and Korea. Talking about India the millet is grown in Himalayan region from North to the Deccan plateau in south i.e., from hilly areas to marginal areas. Amongst the minor millets barnyard millet have managed to be in top 4 most produced millet globally. Fundamentally, barnyard millet is grown for human consumption but at times, it is also utilized as fodder. In India barnyard millet stands to be the 2nd most significant minor millet following the finger millet.

Rich in Vitamins and Minerals - dietary fiber, calcium,

iron, zinc, B vitamins, particularly thiamine (B1) and niacin (B3)

Health benefits -

1. **Gluten-free:** Barnyard millet is gluten-free, which makes it a great option for people with celiac disease or gluten intolerance.
2. **Good for digestion:** The high fiber content of barnyard millet can aid digestion and prevent constipation. It can also help regulate blood sugar levels, which is important for people with diabetes.
3. **Helps with weight management:** Barnyard millet is low in calories and high in fiber, which can help you feel full and satisfied for longer periods. This can help with weight management by reducing your overall calorie intake.
4. **Supports heart health:** Barnyard millet contains antioxidants that can help reduce the risk of heart disease by preventing the buildup of plaque in the arteries.

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BUCKWHEAT MILLET

Other names - Kuttu (Hindi)

Introduction - Buckwheat is one of the pseudocereals and minor cereals grown annually in hilly regions of India. Pseudo-cereals belong to the category of plants that produce both edible fruit and seed. Buckwheat belongs to the family Polygonaceae and genus. It grows in higher altitudes for a short duration of growth pattern within 3-4 months. Buckwheat is adaptable to extreme cold, lack of water, less soil fertility and varying climatic conditions. Due to its adaptability to marginal as well as infertile lands of the hilly areas, it is considered as a sustainable pseudocereal, as it supports the livelihood of millions of people residing in hill regions by increased production due to improved yield in a short period. Two types of buckwheat, common buckwheat (*Fagopyrum esculentum*) and Tartary buckwheat (*Fagopyrum tartaricum*), are most widely grown for food.

Origin - Buckwheat is among the various ancient cultivated crops of Asia and is mainly cultivated in India, China, Nepal, Canada, North Korea, Bhutan, eastern Russia, Mongolia and Japan. In India, Buckwheat is grown majorly in hill areas of Jammu and Kashmir (Udhampur, Ladakh, Kargil and Drass sectors, Gurez valley), Uttarakhand, Himachal Pradesh (Bharmour, Pangi, Kulu, Shimla, Kinnaur, outer Saraj, Chopal, Dodra kaur, Neshang, Pooh division, Lahaul valley, Pin valley), Chattisgarh, Uttar Pradesh (Uttar kasha, Chamoli, Pauri, Almora and Pithoragarh), West Bengal (regions of Darjeeling, Kalimpong, New Jalpaiguri and Coochbehar), Upper Assam region, Sikkim (Lachan), Meghalaya, Manipur, Arunachal Pradesh (Tawang, Bomdilla and Dirang), Nilgiris and Palani hills of Tamil Nadu and Kerala.

Rich in Vitamins and Minerals - Calcium, Magnesium, Potassium, Iron, Manganese, Copper, Thiamine, Riboflavin and Niacin

Health benefits -

1. **Antioxidant effect:** Buckwheat sprouts contain various flavonoids such as orientin, isoorientin, vitexin, isovitexin, rutin and quercetin. High flavonoid content increases the antioxidant capacity of buckwheat. Due to the high flavonoid and polyphenol content of buckwheat, it is thought to have beneficial effects on human health by its antioxidant effect

2. **Hypocholesterolemic effect:** Buckwheat reduces plasma total cholesterol and increases sterol excretion and reduces the absorption of cholesterol from the intestines.
3. **Hypotensive effect:** Buckwheat shows antihypertensive effect by regulating the renin-angiotensin system due to its high polyphenol content.
4. **Hypoglycemic effect:** Buckwheat contains resistant starch, therefore having a low glycemic index. Thus, Buckwheat can be used in the treatment of some chronic diseases because low glycemic index diets regulate blood glucose, prevent obesity and reduce heart disease risk.

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BROWNTOP MILLET

Other names: Makra, Murat (Hindi), Korale (Kannada) andukorralu (Telugu)

Introduction

Browntop millet, scientifically known as *Urochloa ramosa*, is a small-seeded cereal crop belonging to the grass family Poaceae. It is also commonly referred to as brown top millet or Korale millet. Browntop millet is primarily cultivated for its edible grains, which have gained attention for their nutritional benefits and versatility.

Browntop millet has a long history of cultivation in various regions around the world, including Asia and Africa. It is well-adapted to diverse agro climatic conditions and can thrive in both dryland and rainfed areas, making it a resilient and sustainable crop choice.

The grains of browntop millet are small and round with a light brown to dark brown color, hence the name "browntop." They have a mild, nutty flavor and a slightly chewy texture. Browntop millet is gluten-free, which makes it suitable for individuals with gluten intolerance or those following a gluten-free diet.

Nutritionally, browntop millet offers several health benefits. It is a rich source of dietary fiber, providing both soluble and insoluble fiber, which supports digestive health, aids in weight management and helps regulate blood sugar levels. Browntop millet is also a good source of essential minerals such as iron, magnesium and phosphorus, as well as B-vitamins like niacin and thiamin.

The versatility of browntop millet extends to its culinary applications. It can be cooked and consumed as a grain,

similar to rice or couscous and used as a substitute for other grains in a variety of dishes. It can be used to make porridge, pilaf, salads, soups and even baked goods.

Research on browntop millet is ongoing, highlighting its potential health benefits and its role in sustainable agriculture. Studies have explored its antioxidant properties, anti-diabetic effects and potential as a functional food. Additionally, the crop's ability to withstand adverse environmental conditions and its low water requirement make it an attractive option for sustainable farming practices.

Origin:

Browntop millet (*Urochloa ramosa*), also known as brown top millet or Korale millet, has a long history of cultivation and usage in various regions around the world. While there is limited information available on the specific origin of browntop millet, it is believed to have originated in Asia and Africa, where it has been cultivated for centuries.

In Asia, browntop millet has been grown and consumed in countries such as India, China, Nepal and Myanmar. It is considered one of the oldest cultivated crops in India, dating back thousands of years. In India, browntop millet is commonly known as Korale or Kodisama in regional languages and has been traditionally grown in regions like Karnataka, Tamil Nadu andhra Pradesh and Maharashtra.

Benefits of having browntop millet:

Nutrient-rich: Browntop millet is a good source of essential nutrients, including dietary fiber, protein, vitamins (such as niacin and thiamin) and minerals (such as iron, magnesium and phosphorus). These nutrients are important for overall health and well-being.

Gluten-free alternative: Browntop millet is naturally gluten-free, making it a suitable grain option for individuals with celiac disease, gluten intolerance, or those following a gluten-free diet.

Digestive health: Browntop millet is rich in dietary fiber, which can support digestive health by promoting regular bowel movements, preventing constipation and supporting the growth of beneficial gut bacteria.





Weight management: The high fiber content in browntop millet can contribute to feelings of fullness and help control appetite, which may aid in weight management and prevent overeating.

Heart health: Browntop millet may have beneficial effects on heart health. Its fiber content, along with its potential cholesterol-lowering properties, can help maintain healthy blood cholesterol levels, reduce the risk of cardiovascular diseases and support heart health.

Blood sugar regulation: The complex carbohydrates and dietary fiber in browntop millet can contribute to steady and slow digestion, resulting in a gradual release of glucose into the bloodstream. This can help regulate blood sugar levels and may be beneficial for individuals with diabetes or those at risk of developing the condition.

Antioxidant activity: Browntop millet contains various antioxidants, such as phenolic compounds, which help protect against oxidative stress and neutralize harmful free radicals in the body.

Versatile culinary uses: Browntop millet can be used in

a variety of culinary preparations, including as a whole grain, in porridges, as a rice substitute, in salads and in baked goods, offering versatility in the kitchen.

It's important to note that individual responses to browntop millet and its benefits may vary. Additionally, it is always recommended to consult with a healthcare professional or registered dietitian for personalized advice and guidance on incorporating browntop millet into your diet.

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SORGHUM

Other names: Jowar (Hindi), Jwari (Marathi), Juar (Bengali, Gujarati), Jola (Kannada), Cholam (Malayalam, Tamil), Janha (Oriya), Jonnalu (Telugu)

INTRODUCTION

Jowar is a gluten-free and protein-rich millet, also known as white millet, this grain jam-packed with nutrients offers a magnitude of health benefits including weight loss, regulates diabetes, promotes optimal cardiac health, boost energy levels Sorghum bicolor, commonly called sorghum and also known as great millet, broomcorn, guinea corn, durra, imphee, jowar, or milo, is a grass species cultivated for its grain, which is used for food for humans, animal feed and ethanol production. Jowar is gaining popularity in recent times among fitness enthusiasts as a healthy substitute for wheat grain. It can be consumed as a whole cereal or ground into flour, the flour has a fine texture and soft feel. The flour is smooth and gooey as oatmeal but not heavy as wheat. The pancake and baked foods made out of jowar are light and fluffy, delectable to eat. As it has a sweet taste, jowar is used to produce alcoholic beverages.

- ★ Scientific name: Sorghum bicolor
- ★ Family: Poaceae
- ★ Kingdom: Plantae
- ★ Order: Poales

ORIGIN

Sorghum bicolor, a common species of jowar, native to Africa is an important cereal crop, used mainly for food, animal fodder, making of alcoholic beverages

and biofuels. Jowar is a drought and heat-resistant plant which grows in an arid and dry region and forms the staple grain for poor and rural people. Jowar is clad by several names such as durra, Egyptian millet, great millet, kafir corn, feterita, guinea corn, Sudan grass, milo, Juwar, Jwari in Marathi, Cholam in Tamil, Jolal in Kannada and Jonnalu in Telugu. Sorghum originated in Africa and is now cultivated widely in tropical and subtropical regions. Sorghum is the world's fifth-most important cereal crop after rice, wheat, maize and barley, with 61,000,000 metric tons (60,000,000 long tons; 67,000,000 short tons) of annual global production in 2021. S. bicolor is typically an annual, but some cultivars are perennial. It grows in clumps that may reach over 4 metres (13 ft) high. The grain is small, ranging from 2 to 4 millimetres (0.079 to 0.157 in) in diameter. Sweet sorghums are sorghum cultivars that are primarily grown for forage, syrup production and ethanol; they are taller than those grown for grain.

Sorghum bicolor is the cultivated species of sorghum; its wild relatives make up the botanical genus Sorghum.

NUTRITIONAL FACTS

The wealth of nutrients in jowar makes this cereal as one of the most commonly used grains since times immemorial for its indispensable health benefits. Over the years this staple grain had lost somewhere in the era of urbanization and overdependence on refined and processed foods. It is important for us to start relishing our traditional foods to reap its incredible nutrient profile.

Jowar is loaded with protein, carbohydrate and dietary Fibre which promotes growth and development, it is an ideal cereal in weight watcher's diet and also regulates diabetes. Imbued with immense amounts of calcium, iron, phosphorus, potassium and sodium, these minerals fortifies the bones, strengthen the immunity and keeps diseases at bay. Apart from this, jowar also contains a notable amount of vitamins thiamine, niacin, folate and riboflavin that are known to boost overall health.

RICH IN VITAMINS AND MINERALS

The vitamins present in jowar are as follows:

Vitamin B1 (thiamin) ,Vitamin B2 (riboflavin), Vitamin B3 (niacin), Vitamin B5 (pantothenic acid), Vitamin B6 (pyridoxine), Vitamin E (tocopherol)³

Nutrient	Percentage present
Carbohydrates	72.1g
Proteins	10.6g
Fibre	6.7g
Sugars	2.53g
Fats	3.46g
Iron	3.36mg
Calcium	13mg
Potassium	363mg
Sodium	2mg
Zinc	1.67mg
Magnesium	165mg
Phosphorous	289mg

HEALTH BENEFITS

★ **Promotes Gut Health**

Jowar aids in the smooth functioning of the digestive system owing to its abundance of dietary Fibre. It is valued as one of the best foods in the world that improve the digestion process and gluten-free food for gut health as it meets about 48% of dietary Fibre recommendations of a normal adult. Furthermore, regular addition of jowar can help to avert bloating, constipation, flatulence, indigestion, cramping, diarrhoea and gastrointestinal woes.

★ **Remedies Cancer Treatment**

The presence of potent antioxidant in jowar is greatly valued as it prevents the risk of several types of cancer. The bran layer of jowar contains the rarest antioxidant that plays a pivotal role in the human body. These antioxidants are found in very few foods and are well-known to prevent certain cancers like oesophageal cancer and stomach cancer. Individuals who make jowar as a staple food

when compared to people who take wheat or corn have a remarkably lesser chance of developing cancer, as the antioxidants scavenge free radicals that promote the formation of cancer cells.

★ **Enhances Heart Health**

The goodness of phytochemicals phenols, tannins and plant sterols in jowar are known to have a hypocholesterolemic effect. As per the journal of nutrition 10-20mg of policosanols extracts from jowar can significantly reduce the LDL cholesterol levels. Noteworthy amounts of antioxidants, vitamins E, B and minerals iron and magnesium are valuable in lowering cholesterol levels, averts plaque formation and improves the blood flow and circulation. Furthermore, it prevents clogging of platelets and lowers the risk of heart attack, stroke and atherosclerosis.



★ **Regulates Diabetes**

Jowar is considered as the perfect grain that should be added in the diabetic's meal plan, as it is moderate in the glycemic index. The bran of jowar rich in tannin secretes enzymes that have the ability to reduce the absorption of sugar and starch in the body. Jowar thus regulates the glucose levels and insulin sensitivity in the body assisting in better diabetes control. Besides these, high on Fibre, thiamine, niacin, riboflavin and folate jowar delays gastric emptying, slows the release and absorption of glucose in the bloodstream and averts blood sugar spikes. Consuming jowar roti on a regular basis can reduce hepatic gluconeogenesis.

★ **Jowar For Irritable Bowel Syndrome**

Gluten intolerance and the aftermath of consuming

wheat-based products takes a toll on an individual's health and the allergy can result in celiac disease. Jowar comes as a healthy and nutritious alternative for wheat for all people who are sensitive to gluten. Jowar in the diet lessens inflammation, indigestion, nausea and other gastrointestinal woes caused due to gluten.

★ **Energy Booster**

Jowar is overpowered with niacin or vitamin B3, niacin is an essential nutrient which is a vital component in the metabolism of energy in the body. Addition of jowar in the diet regimen lifts up the metabolism and boosts the energy levels throughout the day. Moreover, jowar offers you 28% of dietary allowance of niacin from a single serving.

★ **Strengthens Bones**

Ample amount of magnesium in jowar assists in enhancing the calcium absorption which stimulates to keep up the calcium levels and augments bone health. Calcium and magnesium are two most important bone-friendly nutrients which assist in bone redevelopment and quickens the healing of the fractured and ageing bones. Regular addition of jowar millets in the elderly people diet plans can avert the risk of osteoporosis and arthritis.

★ **Improves Hemoglobin Level**

Jowar is imbued with essential minerals iron and copper which work together to improve the blood flow and circulation in the body. Iron is an essential mineral needed for the development of red blood cells, copper aids the absorption of iron in the body, thus promoting cell growth and repair and augmenting the overall circulation of the blood and treats anaemia. Addition of jowar in your meal plan provides you with 58% of the recommended allowance of copper from a single serving and can also stimulate hair growth and prevent hair loss.

★ **Jowar For Weight Loss**

If you are trying really hard to lose those extra fats, then start adding jowar in your diet, as the whopping amount of Fibre and about 22 grams of protein promotes to build muscle mass, delays digestion, curb hunger pangs, reduce the calorie intake and helps in losing weight. Jowar is a healthy and nutritious cereal that can add variety to your diet and at the same time work amazing well on your overall health and weight.





PEARL MILLET

Other names: Bajra (Hindi, Bengali, Oriya, Punjabi, Urdu), Bajree (Rajasthani, Gujarati, Marathi), Sajje (Kannada), Kambu (Tamil), Sajja (Telugu)

INTRODUCTION

Bajra, also known as pearl millet, is a cereal crop grown in arid and semi-arid regions of the world. It is a highly nutritive grain, packed with essential vitamins and minerals. It is a staple in many parts of India and Africa and is used to make rotis, porridge and other dishes. Bajra is a great source of fiber, protein and calcium, as well as B vitamins and iron. It also has a low glycemic index and is gluten-free, making it a great choice for those on gluten-free diets. Its high protein content also makes it a great choice for vegetarians and vegans looking to increase their intake of plant-based proteins. Plus, bajra is easy to cook and can be used in a variety of dishes.

RICH IN VITAMINS AND MINERALS:

Calcium, magnesium, phosphorus and iron which are essential for body functioning.

Favourable condition: It is believed to be beneficial for people of all ages.

HEALTH BENEFITS

1. **Good for Digestion:** Bajra is a rich source of dietary fiber which helps in digestion and also prevents constipation.
2. **Helps in Weight Loss:** Bajra is low in calories and rich in dietary fiber thus making it an ideal food for weight loss as it keeps one feeling full for longer.
3. **Improves Heart Health:** Bajra is rich in magnesium which helps in regulating blood pressure and thus reducing the risk of cardiovascular diseases.
4. **Boosts Energy:** Bajra is a rich source of complex carbohydrates that provide sustained energy to the body.
5. **Prevents Anemia:** Bajra is an excellent source of iron which helps in preventing anemia by increasing hemoglobin levels.

TERRAIN SPECIFIC NUTRITION

Various environmental exposures (i.e. heat, cold and altitude) can alter combat effectiveness if nutritional needs and hydration are not met appropriately.

Energy and fluid requirements are typically higher than normal during combat and combat-simulated scenarios.

The synergistic relationship between adequate fueling and operational performance on the battlefield cannot be underestimated when it comes to mission success.

In some instances, fueling options are limited, but meeting energy and fluid requirements whenever possible is critical when exposed to various Challenging terrains and environmental and logistical extremes.

A systematic Plan of feeding schedule can prevent a lot of signs and symptoms of dehydration and energy malnourishment.

Whilst there is a lot of catabolism of the tissues, due to increased physical activity, training, wound and injury, a high protein diet may be not the preferred macronutrient as it may lead to dehydration and further. Include 10 to 15 % of your daily calories high biological value sources of lean protein, milk and pulses from the regular ration scale.

TIMING AND COMPOSITION OF PRE-MISSION MEALS IN ALL TERRAINS

The pre-mission meal aims to ensure adequate glycogen stores and maintain blood sugar. Every soldier should know his tolerance for the timing of meals and what patterns are needed to sustain performance. In general, intense physical activities demand a longer period after meal ingestion to allow for digestion and minimize gastrointestinal distress.



- ★ A pre-mission meal should provide a minimum of fat since it takes longer to digest than CHO. CHO beverages and CHO/protein drinks are excellent choices if taken four hours before the start of a mission.
- ★ Liquids are digested and absorbed more rapidly than solids, but personal choice is important.
- ★ Avoid a high protein meal (only coming from natural food sources of Ration i.e. 110g no extra supplementation because it is harder to digest than CHO and is not a readily available source of energy.

Nutritional Readiness During Missions

Four major nutrition-related issues encountered in the field are:

- ★ Inadequate ration consumption.
- ★ Inadequate energy intake.
- ★ Dehydration.
- ★ Gastrointestinal complaints

CHALLENGES WITH RATIONS

One of the biggest problems with eating rations is that it gets boring! Monotony and lack of time to eat contribute to decreased ration intake and weight loss. Therefore, it is important to consume as much of the field ration as possible to maintain performance and health.

Eat part of each ration item to obtain all the essential nutrients.

Weight loss in the field is common but may impair mental and physical performance.

Limit the use of non-issue food items as meal/ration substitutes since they may be lacking in several important nutrients. Use these items as snacks to supplement daily rations

In the field when it is difficult, if not impossible, to obtain a body weight, urine color should be used to gauge hydration status.





A fluid loss of 2% body weight can impair physical performance and mood, decrease appetite and increase the risk of head injuries. A 5% loss of body weight can decrease work performance by 30%. This amount of water loss is a serious threat to overall health.

MONITORING HYDRATION IN THE FIELD

Monitor hydration status by inspecting urine color.

Dark yellow or smelly urine suggests some degree of dehydration; fluid consumption should be increased until urine becomes pale yellow. If taking B vitamins, urine may be bright yellow, not pale, regardless of hydration status.

ELECTROLYTE BALANCE

Excessive loss of electrolytes (i.e., sodium, potassium) from sweating can lead to muscle cramping or severe medical problems. Being in excellent physical condition will help minimize electrolyte losses, but athletes are given free access to water when exercising in the heat replacing only one-half to two-thirds of their fluid losses. To maintain electrolyte snacks that contain sodium and potassium, fluids with electrolytes, electrolytes, glucose polymers, or electrolytes in the form of gels and blocks may be needed during and after missions. Electrolytes should offset hyponatremia.

MISSIONS IN THE DESERT HEAT

Repetitive movement along difficult terrain with heavy gear during land warfare operations is strenuous under any environmental condition, but particularly arduous with extreme heat and humidity. Land warfare scenarios where operators carry heavy loads or injured comrades increase overall effort and energy expenditure, as well as fluid and electrolyte needs.

Studies show that appetite is depressed and food preferences and eating patterns are changed in response to short-term and long-term exposure to

heat. The reasons for the depressed appetite may be both physical decreased intake to reduce the thermic effect of food and thereby keep body temperature from rising and psychological, caused by stress and the lack of desire to eat hot foods in hot environments. Adequate hydration appears to be necessary for depressed food intake to return to normal. Therefore, to enhance food intake in hot environments, it may be necessary to make changes in ration components as well as the social situation during meals and time of day for meal service and ensure that the soldiers are well hydrated. Fortunately, well-trained individuals who are acclimatized to heat and accustomed to endurance exercise experience fewer symptoms of gastrointestinal distress (which would further reduce food intake) than those who are not as well-conditioned. Working at a moderate to heavy rate in a hot environment does not appear to increase energy requirements to a greater extent than similar work in a temperate environment.

The major concerns during operations in a warm/ hot environment are fluid and electrolyte balance.

Working or exercising in the heat exacerbates water and electrolyte loss through sweating. The amount of sweat and fluid lost depends on:

- ★ Environmental temperature and humidity.
- ★ Work rate
- ★ Fitness level and acclimatization.
- ★ Volume and rate of fluid replacement

When the same task carried out in a thermoneutral environment is performed in a hot environment, energy requirements are slightly increased due to the increased work of maintaining thermal balance. When living/ working in temperatures ranging from (30 to 50° C), energy intakes typically increase by 10%-15%, unless activity level decreases accordingly.

If 4,000 kcal/day is required, a 10% increase in energy would = $4,000 \times 0.10$ or +400 kcal/day. Goal: Consume 4,400 kcal/day.

If activity levels decrease, no extra energy is needed. High work rates in hot, humid surroundings can significantly increase fluid and electrolyte losses. Losses of one to two quarts per hour or even more are likely when special clothing, such as chemical protective gear and/or body armor is worn. The highest sweat rates reported are dangerously over five liters per hour.

- ★ Avoid Eating spicy, oily, or fried food.
- ★ Restrict excess consumption of meats and other

high-protein foods can contribute to heat stress.

- ★ Consuming drinks with caffeine or alcohol.
- ★ Performing intense physical exercise. This can cause an increase in heat since active muscles and related blood circulation activity creates a lot of heat.

Failure to replace lost fluids from sweating will result in dehydration and possibly heat injury.

Although forced drinking is recommended throughout training in a warm environment to ensure adequate fluid replacement and performance, this is not always wise. Too much water can result in hyponatremia. A predetermined drinking schedule is recommended to ensure enough fluids are being consumed: some type of beverage should be consumed with all meals and snacks.

- ★ Lime Juice (Lime= Sugar+ Salt)
- ★ Jaggery Lime Juice (Jaggery + Lime + Sabza)
- ★ Bottled Coconut Water
- ★ Cucumber Juice (Cucumber + Salt + Mint Leaves)
- ★ Beetroot Juice (Beetroot + Jaggery + Lime)
- ★ Tomato Juice (Tomato + Palm Sugar)
- ★ Buttermilk (Yogurt + Jeera + Salt+Mint)
- ★ Roof Afza
- ★ Cold Milk
- ★ Aloe Vera Juice (Aloe Vera + Lime + Jaggery)
- ★ Amla Juice (Amla+ Jaggery+ Ginger)
- ★ Soup
- ★ Milk

FOREST TERRAINS

The dominating features of jungle areas are high and constant temperatures, heavy rainfall during the greater part of the year and oppressive humidity. At the Equator, rain falls during all seasons. Tropical rainfall

is also relatively constant in its daily timing, usually occurring in the afternoon or early evening. The relative humidity in a tropical rainforest area average between 65 and 75% during the day and over 90% at night.

NUTRITIONAL CHALLENGES BECAUSE OF TERRAIN

About hygiene, the conditions are adverse: the filth is constant, clothes never dry completely and feel like wet rags against the body; the most minute scratch produces an infection and the big wounds result in gangrene. Personnel in the jungle have a high level of gastrointestinal and skin diseases; the damp skin produces ulcers with the rags rubbing against it, even with simple clothes. Also, damp feet can be a real problem. Diseases caused by the bite of insects are many; the fever is also frequently present. And we can not ignore the animal bites, sometimes poisonous, from spiders to snakes, as well as all types of parasites, that immigrate internally and externally in the human organism.

Concerning this combination of facts, we must add the type of tension that assumes the presence more or less proximate of the human enemy. It is not unusual that the combatant suffer sometimes a serious psychic crumbling, caused by the combined result of fatigue, tension, diseases, the lack of hygiene and fear. The extension of these conditions during long periods, weeks or months, makes it bearable only by specially selected and trained men to face such challenges with success.

Nutrition is similar to The Desert however More antioxidant foods like nuts and Dry Fruits which are carbohydrate giving should be Included. Dehydration is an extremely important criterion. More food-based Iron, Vitamin and mineral like zinc for wound healing



should be included.

MISSIONS IN COLD AND HIGH ALTITUDE

Virtually all Military personnel who go to high altitudes experience weight loss and loss of lean body mass. At altitudes below 5,000 m weight loss can be prevented by being vigilant about eating regularly. Above 5,000 m, a 5–10% weight loss is inevitable. Energy intakes should range from 3,500– 6,000 kcal per day

Some reasons for weight loss at altitude include:

- ★ Increased energy requirements to 115–150% of sea level requirements.
- ★ Decreased sense of taste, which causes a reduction in food intake.
- ★ Changes in the metabolism of fat and CHO
- ★ Loss of body water from increased breathing rate and dry air.
- ★ Impaired absorption of nutrients
- ★ Acute Mountain Sickness (AMS), which can cause nausea, vomiting, headache and decreased appetite.

The only way to minimize weight loss is by being vigilant about maintaining energy intake.

Energy requirements may increase 15–50% above requirements at sea level.

Carbohydrate Intake

- ★ High CHO foods are the preferred energy source at altitude and in flight because they:
 - ★ Replete glycogen stores.
 - ★ Require less oxygen to produce energy than fat.
 - ★ Are the most efficient energy source.
- ★ Can blunt and delay the progression or severity of AMS symptoms
- ★ Maintain blood glucose and prevent hypoglycemia.
- ★ Diets should provide at least 400 grams of CHO and CHO should contribute 50–70% of the total energy.
- ★ This can be accomplished by eating high-CHO snacks between meals and drinking CHO-containing beverages during strenuous activity and rest hours.
- ★ Examples are as follows:
 - ★ Peanut chikki, besan ladoos, revadi, til ladoos, nuts, date bars with nuts, chocolate with nuts and dehydrated vegetable chips like beetroot, carrot, yam and banana.
 - ★ Nuts - walnuts, almonds and pistachios, cashews

- ★ Energy bars made of palm sugar, oilseeds, like pumpkin, sunflower, sesame (til), flaxseed, (Alsi) garden cress (Haleem)nuts
- ★ Vegetable halwa made of carrot or beetroot.
- ★ Dry fruit powder made of dates, apricots and raisins.
- ★ Hydrate enough. Electrolytes can be added to the water.
- ★ Dark Chocolate with nuts
- ★ Vitamin-enriched candies
- ★ Garden cress seeds puddin g
- ★ Ragi + garden cress seeds+ pumpkin seeds ladoos
- ★ Chikki
- ★ Vitamin C And soluble fiber-based gummy bears
- ★ (Mango)Aam papad

Oxidative Stress One consequence of altitude exposure is the production of an excessive load of reactive oxygen species. In particular, increased metabolic rate and hypoxic conditions at altitude can increase the production of harmful free radicals. Collective free radicals cause oxidative stress, which may slow blood circulation and impair physical performance. Polyunsaturated fatty acids (PUFAs) are the nutrients most susceptible to oxidative stress. Studies have shown that symptoms of altitude sickness correlate

Taking regular sips of purified water before feeling thirsty may help prevent dehydration

with markers of oxidative stress. Thus, natural antioxidant Foods have been used to minimize oxidative stress.

Examples Tree Nuts like walnuts, almonds and cashews, Dried Fruits containing Vitamin A, C and E like amla, carrot and strawberries, dried pineapple, apricots, Prunes, Raisins, fresh fruits and vegetables.

The inclusion of Magnesium and zinc-containing foods like Pumpkin Seeds, Sunflower seeds and Flaxseeds may help in natural wound healing.

Foods Like Nuts, Ginger, Dried ginger (Saunth) and Haldi curcumin may help keep the body warm and may be good natural anti-inflammatory foods.

Thus in conclusion It is important to have a food-based approach. Treat Thy Food as Thy Medicine.

True healing comes by nourishing of mind body and soul.



FINGER MILLET RECIPES



Nutritional value per serving

462 kcal

Energy

66.7 g

Carbohydrates

11.6 g

Protein

16.3 g

Fats



MILLET & OAT BREAKFAST BARS

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Breakfast, Pre-training, Post-training and Snacks.	easy	Defence Base, Galley, Forest, High Altitude	Fibre, Omega 3, Beta carotene and Calcium

INGREDIENTS

★ Oats	40 g
★ Ragi	15 g
★ Sunflower seeds	7.5 g
★ Sesame seeds	1 tsp
★ Cinnamon	¼ tsp
★ Sea salt	¼ tsp
★ Almonds	12 g
★ Dates	2-3 pcs.
★ Honey	15 ml
★ Vanilla extract	¼ tsp

METHOD

- ★ Preheat the oven to 325°F/165°C/gas 3. Line an 8-in/20-cm square baking pan with parchment paper with overlapping flaps.
- ★ Stir together the oats, millet, sunflower seeds, pumpkin seeds, sesame seeds, cinnamon and salt in a medium bowl.
- ★ Pulse the almonds in a food processor until coarsely chopped (it's OK if some nuts are coarsely ground and a little powdery). Stir into the oat mixture.
- ★ Pulse the dates in a food processor until thick paste forms. Add the, honey and vanilla and pulse until

HEALTHY COOKING TIPS

- ★ Use steel-cut rolled oats and not processed oats or instant oats.
- ★ Soak oats in water for 10 minutes and then use them in preparations. Eg: Porridge.
- ★ Same recipe can be made with rice, jowar, proso, amaranth.



- a purée form. Scrape out the purée with a rubber spatula and stir into the oats mixture. Continue stirring (your clean hands work best), until the oats and nuts are sticky and coated with the purée.
- ★ Transfer the granola to the prepared baking pan and press into a smooth, even layer. Bake until just starting to brown around the edges, about 25 minutes. Transfer to the counter to cool slightly in the baking pan, for about 15 minutes. Grab the flaps of parchment paper and lift out the whole batch transfer to a cutting board. Cut into 16 bars while still warm. Let them cool completely and serve, or store them in an airtight container for up to 1 week.



Nutritional value per serving

202 kcal

Energy

29.5 g

Carbohydrates

6.55 g

Protein

6.5 g

Fats



RAGI MILKSHAKE

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Beverage	easy	Defence Base, Galley, Forest, Desert	Calcium and Protein

INGREDIENTS

★ Ragi flour	45 g
★ Milk	300 ml
★ Sugar	15 g
★ Cocoa powder	5 g
★ Vanilla essence	¼ tsp
★ Water	150 ml

HEALTHY COOKING TIPS

Can add any other sweeteners like dates and can add nuts like almonds and walnuts in the milkshake to make it more nutritious.



METHOD

- ★ To a saucepan - measure and add ragi flour and cocoa powder to it.
- ★ Whisk well and add water to it.
- ★ Whisk well to avoid lumps. All this is done off the stove. Now switch on and cook until it becomes thick and shiny.
- ★ Switch off and cool down completely. Chill the milk at least for 15-30 mins.
- ★ Add chilled milk to the mixer jar and add sugar and cooked ragi mixture.
- ★ Add vanilla essence to it and blend it well until smooth and creamy. Chill it until serving time and serve chilled.
- ★ Serve Ragi Milkshake with a garnish of chocolate shavings or chocolate sprinkles



Nutritional value per serving

218 kcal

Energy

27.4 g

Carbohydrates

6.8 g

Protein

9 g

Fats



RAGI PORRIDGE

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Breakfast	easy	Defence Base, Forest, High Altitude, Desert	Fibre, Iron, Calcium and Protein

INGREDIENTS

- ★ Ragi 60 g
- ★ Milk 1 cup (200ml)
- ★ Jaggery 5 g
- ★ Elaichi 1 no.
- ★ Almonds 15 g

METHOD

- ★ Add 4 tablespoons ragi flour to a heavy bottom pan or pot
- ★ Pour 1 ½ cups of water. Remember the stove is off yet and we are not cooking it at this stage.
- ★ Mix well and ensure there are no lumps in the ragi flour mixture. Turn on the stove and begin to cook, stirring often on a medium flame to prevent lumps.
- ★ Keep stirring continuously and cook until the mixture turns thick and glossy. You will see that there are no lumps.
- ★ Then add elaichi, jaggery, or any other sweetener. Mix well and turn off the stove.
- ★ Add 1 cup of boiled milk(optional) and mix well.
- ★ Add almond powder and cardamom powder (optional). Your smooth ragi porridge is ready. Garnish it with chopped almond pieces.

HEALTHY COOKING TIPS

- ★ Same recipe can be made with rice, jowar, bajra, amaranth and buckwheat.
- ★ Consuming ragi with fruits rich in vitamin C such as guava or orange can help in the absorption of Iron from ragi. Avoid adding milk if you are consuming ragi porridge with a Vitamin C rich fruit.





Nutritional value per serving

186 kcal

Energy

20 g

Carbohydrates

2.1 g

Protein

10.6 g

Fats



RAGI PYAAZ KI MASALA ROTI

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Lunch or Dinner	Medium	1	Fibre, iron, calcium and protein

INGREDIENTS

★ Ragi flour	15g
★ Wheat flour	15 g
★ Water	as required
★ Onion	1 chopped finely
★ Green Chilies	1 chopped finely
★ Coriander	30g finely chopped
★ Salt	as per the taste
★ Oil	5g
★ Ghee	5

HEALTHY COOKING TIPS

- ★ You can make these with 50% whole wheat (atta) and 50% ragi
- ★ You may skip the oil in the recipe.



METHOD

- ★ Add water to a pan and put it on medium-high heat. Add oil, salt and let it come to a full boil.
- ★ As soon as it comes to a boil, add the ragi flour and turn off the heat.
- ★ Remove the pan from heat and with a spatula mix the flour with wheat flour and chopped onions, green chili and coriander to a soft dough
- ★ Let the dough cool down for 10 minutes and then divide it into 2 parts.
- ★ Take one part, roll it between your palms to a round and then flatten it and dust it with ragi flour.
- ★ Now start rolling the dough using a rolling pin. You can roll it on parchment paper or it will also easily roll on a rolling board (chakla).
- ★ Roll to a circle of around 5 to 6 inches in diameter.
- ★ Place the rolled roti on the hot tawa.
- ★ Cook for around 40 seconds on one side, then flip and cook on the other side.
- ★ Flip again and apply pressure on the roti using a paper towel or napkin, it will puff up. Turn to the other side and cook for a few more seconds.
- ★ Apply ghee (if using) and serve ragi roti immediately with any curry or dal of choice.



Nutritional value per serving

186 kcal

Energy

20 g

Carbohydrates

2.1 g

Protein

10.6 g

Fats



RAGI CHOCOLATE PUDDING

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Dessert	Easy	2	Fibre, iron, calcium and protein and low in carbohydrates.

INGREDIENTS

- ★ Ragi flour 30 g
- ★ Jaggery 15 g
- ★ Cocoa powder 5 g
- ★ Choco chips 10 g
- ★ Milk 100 ml
- ★ Water 100 ml

HEALTHY COOKING TIPS

Can add any other sweeteners and can add nuts in the pudding instead of choco chips to make it healthier.



METHOD

- ★ In a cup, add water and milk. So both combined you should get 1 cup, I used 1/2 cup water and 1/2 cup milk. Set aside.
- ★ In a pan, add ragi flour, cocoa powder and jaggery.
- ★ Whisk it well. Now add the milk-water mixture.
- ★ Whisk it well. Now switch ON the stove and keep stirring using a whisk. Cook in the lowest flame possible. It will start to thicken and start to come together. It should take at least 8-10 mins for ragi to cook fully on low flame. If not, add more water.
- ★ Add choco chips at this stage. Keep stirring and cook until thick and shiny.
- ★ This is the right stage to switch off immediately. Brush water in the bowls and pour the pudding into heat-safe bowls. I poured in my ramekins. Cover it and refrigerate.
- ★ While serving garnish with sprinklers and serve Ragi Chocolate Pudding chilled.



Nutritional value per serving

139 kcal

Energy

17.6 g

Carbohydrates

3.5 g

Protein

5.9 g

Fats



RAGI LADOO

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Breakfast, Pre-training, Post-training and Snacks.	easy	Defence Base, Galley, Forest, High Altitude, Desert	Fibre, Omega 3, Beta carotene

INGREDIENTS

- ★ Besan flour (thick) 50 g
- ★ Ragi Flour 25 g
- ★ Desi ghee 20 g
- ★ Jaggery 25 g
- ★ Cardamom powder 2 g
- ★ Pistachio 5 g
- ★ Cashew nut 5 g

HEALTHY COOKING TIPS

Same recipe can be made with rice puffs, jowar.



METHOD

- ★ Take an Iron kadai, place it over medium flame and add ghee till it melts.
- ★ Add besan and cook for 5 minutes, till you achieve a sandy texture. Add ragi flour thereafter and cook for 15 minutes until the brown color is achieved.
- ★ Now, add jaggery and nuts and mix well.
- ★ Bring the mixture to the handling temperature and start making Ladoo balls.
- ★ Roll the Ladoo in multi-millet grain and serve.



LITTLE MILLET RECIPES



Nutritional value per serving

50 kcal

Energy

12 g

Carbohydrates

0.5 g

Protein

0 g

Fats



LITTLE MILLET HYDRATING LEMONADE

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
During workout	Easy	Defence base, galley, forest, desert	Iron, Magnesium, Protein, Phosphorus, Vitamin C, E, Potassium

INGREDIENTS

- ★ Little millet (washed and soaked overnight) 50 g
- ★ Water 500 ml
- ★ Juice of 3 lemons
- ★ Honey 15 ml
- ★ Salt a pinch
- ★ Ice cubes (optional)
- ★ Fresh mint leaves (for garnish)

METHOD

- ★ Rinse the soaked little millet under running water and drain the water.
- ★ In a large saucepan, add 500 ml of water and bring it to a boil. Add the rinsed little millet to the boiling water and cook until the millet is tender. This usually takes around 15-20 minutes. Keep stirring occasionally to prevent sticking.
- ★ Once the little millet is cooked, remove it from the heat and let it cool down to room temperature.
- ★ Strain the cooked little millet through a fine-mesh sieve or cheesecloth, collecting the millet water in a pitcher or large bowl. Save the millet for another recipe if desired.
- ★ Squeeze the juice of 3 lemons into the millet water.

HEALTHY COOKING TIPS

- ★ Bring it to a boil, then reduce the heat and let it simmer for about 15-20 minutes or until the millet becomes tender and fluffy. Once cooked, let it cool before using it in the lemonade.
- ★ Squeeze fresh lemons to extract the juice. Avoid using bottled lemon juice, as fresh lemons provide more flavor and natural nutrients.
- ★ You can sweeten the lemonade using natural sweeteners like honey, or stevia. Adjust the sweetness according to your preference.



Adjust the amount of lemon juice according to your taste preference.

- ★ Add honey or, (if using) to sweeten the lemonade. Stir well until the sweetener is dissolved.
- ★ Add a pinch of salt to enhance the flavors and provide electrolytes.
- ★ Garnish each glass with fresh mint leaves for added freshness.



Nutritional value per serving

300 kcal

Energy

35 g

Carbohydrates

8 g

Protein

10 g

Fats



LITTLE MILLET PROTEIN SMOOTHIE

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Post workout	Easy	Defence base, galley, forest, desert	iron, magnesium, protein, vit b complex, calcium, fiber

INGREDIENTS

- ★ Cooked and cooled little millet 85 g
- ★ 1 ripe banana
- ★ Almond milk 250 ml
(or any other milk of your choice)
- ★ Your favorite protein powder 15 g
- ★ Almond butter or peanut butter 15 g
- ★ Honey (optional, for added sweetness) 15 g
- ★ Vanilla extract 5 g
- ★ A handful of ice cubes

METHOD

- ★ Cook the little millet according to the package instructions, then allow it to cool completely before using it in the smoothie.
- ★ In a blender, combine the cooked little millet, ripe banana, almond milk, protein powder, almond butter or peanut butter, honey or, (if using) and vanilla extract. Blend until smooth.
- ★ Add the ice cubes to the blender and blend again until the smoothie is chilled and creamy.
- ★ Taste the smoothie and adjust the sweetness or thickness according to your preference. If it's too thick, you can add a little more almond milk. If it's not sweet enough, add more honey or.
- ★ Once you achieve your desired consistency and taste, pour the smoothie into a glass or a portable container and enjoy it as a post-training drink!

HEALTHY COOKING TIPS

1. Opt for unsweetened plant-based milk to keep the smoothie lower in added sugars.
2. Choose a high-quality plant-based protein powder that suits your dietary preferences and goals.
3. Feel free to experiment with different fruits and flavors. You can add berries, mangoes, or spinach to enhance the nutritional profile and taste.
4. Little millet provides a nutty flavor and adds a nutritional boost to the smoothie. It is rich in fiber, minerals and antioxidants. If you want an extra protein boost, you can add a spoonful of Greek yogurt.





Nutritional value per serving

132 kcal

Energy

26 g

Carbohydrates

3 g

Protein

5 g

Fats



LITTLE MILLET ENERGY BAR

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Pre-training	Easy	Defence base, galley, forest, desert	Iron, Magnesium, Phosphorus, Zinc

INGREDIENTS

- ★ Cooked little millet 200 g
- ★ Dates (pitted) 80 g
- ★ Nuts (e.g., almonds, cashews, walnuts), chopped 25 g
- ★ Seeds (e.g., chia seeds, Flax seeds, sunflower seeds) 25 g
- ★ Butter (e.g., almond butter, peanut butter) 30 g
- ★ Honey 15 g
- ★ Vanilla extract (optional) 3g tsp
- ★ Salt

METHOD

- ★ Cook the little millet according to the package instructions and let it cool.
- ★ In a food processor, combine the dates, nuts and seeds. Pulse until they are finely chopped and well-mixed.
- ★ In a mixing bowl, combine the cooked little millet, nut butter, honey (if using), vanilla extract (if using) and a pinch of salt.
- ★ Add the chopped date and nut mixture to the mixing bowl. Mix everything until well combined. You can use your hands to ensure the ingredients are evenly distributed.
- ★ Line a baking dish or tray with parchment paper.

HEALTHY COOKING TIPS

1. Little millet energy bars can be a nutritious snack if you incorporate protein and fiber-rich ingredients. Consider adding nuts, seeds (such as chia or flaxseeds), or even a scoop of protein powder to boost the nutritional content.
2. While using natural sweeteners is fine, try to limit the amount of added sugars in your energy bars. Use sweeteners sparingly and rely on the natural sweetness of dried fruits or a small amount of honey.
3. Play around with textures to make your energy bars more interesting. You can include crunchy elements like toasted nuts or seeds, or even incorporate some dried fruits for a chewy texture.



Transfer the mixture to the dish and press it down firmly to form a uniform layer.

- ★ Place the dish in the refrigerator for at least 1-2 hours to allow the mixture to set.
- ★ Once set, remove the mixture from the dish and cut it into desired bar sizes or shapes.
- ★ Store the little millet energy bars in an airtight container in the refrigerator for up to a week.



Nutritional value per serving

181
kcal

Energy

32
g

Carbohydrates

7
g

Protein

3
g

Fats



LITTLE MILLET IDLI

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Breakfast, Pre-workout (2 hrs)	Easy	2	iron, calcium, phosphorus, b complex

INGREDIENTS

- ★ Little Millet / Samai Arisi 45 g
- ★ Urad Dal / Black Gram 10 g
- ★ Fenugreek Seeds / Methi 5 g
- ★ Salt to taste
- ★ Cooking Oil to grease

METHOD

Making the batter

- ★ Wash and soak samai arisi / little millet for 3 to 4 hours. Rinse well until the water turns clear.
- ★ Similarly, wash and soak black gram/urad along with fenugreek seeds separately.
- ★ When ready to grind the batter, drain and take the soaked black gram and grind it till smooth and fine paste.
- ★ Once the urad is very soft and airy, transfer it to a big vessel.
- ★ Next, grind samai by adding water a little at a time to a slightly coarse paste. The consistency of the batter should not be too grainy or fine paste.
- ★ Now, mix both the batter with the required salt and mix well.
- ★ Transfer the batter to a container that has enough room for the batter to ferment.
- ★ Batter consistency should not be too thick or too thin. Ferment the batter overnight.
- ★ Once fermented, gently mix the batter and refrigerate right away if you are not going to use it.

Making of samai idli

- ★ When you are ready to steam the idlis, fill the Idli pan with enough water and grease the idly plate with cooking oil or ghee.
- ★ Take a ladleful of batter and drop it into the dents. Once all the plates are filled, place them in the pan.
- ★ Cover and steam for 10 to 15 mins.
- ★ Check if it's done, switch it off and keep it for 5 mins.
- ★ Remove the idlis to a hot box and serve the samai idli with a side dish of your choice.

HEALTHY COOKING TIPS

- ★ Use whole grain little millet flour instead of refined flour for the idli batter. Whole grains are a good source of fiber and other nutrients.
- ★ You can add other healthy ingredients like grated carrots, chopped spinach and grated coconut to the batter to make it even more nutritious.
- ★ Use a good quality, non-stick idli mold to cook the idlis. This will help reduce the amount of oil needed for cooking.
- ★ If you are looking for a low-fat option, steam the idlis instead of frying them. Steamed idlis are healthier and easier to digest.
- ★ Serve the idlis with a nutritious side dish like coconut chutney or sambar. These side dishes are rich in vitamins, minerals and fiber, which are essential for good health.
- ★ If you are looking for a gluten-free option, make sure the little millet flour you use is certified gluten-free.





Nutritional value per serving

220 kcal

Energy

25 g

Carbohydrates

10 g

Protein

7 g

Fats



LITTLE MILLET STIR FRY WITH TOFU

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Dinner, Post workout	Easy	Defence base, forest	Iron, Magnesium, Phosphorus, Vit B Complex, Phosphorus

INGREDIENTS

★ Little millet	250 g
★ Tofu, diced	180 g
★ Onion, thinly sliced	1
★ Bell pepper, thinly sliced	1
★ Carrots, julienned	2
★ Broccoli florets	250 g
★ Cloves garlic, minced	2
★ Ginger, grated	1-inch
★ Soy sauce	15 g
★ Sesame oil	15 g
★ Vegetable oil	15 g
★ Salt and pepper to taste	
★ Fresh coriander or green onions for garnish (optional)	

METHOD

- ★ Rinse the little millet under cold water and drain well. Cook the millet according to the package instructions. Once cooked, set it aside.
- ★ Heat the vegetable oil in a large pan or wok over medium-high heat. Add the tofu cubes and stir fry until they are lightly browned and crispy. Remove the tofu from the pan and set aside.
- ★ In the same pan, add the sesame oil and sauté the minced garlic and grated ginger for about a minute until fragrant.
- ★ Add the sliced onion, bell pepper, carrots and broccoli florets to the pan. Stir fry for about 5-7

HEALTHY COOKING TIPS

1. To enhance the flavor and texture of tofu, press it between paper towels or a clean cloth to remove excess moisture. Then marinate it with your favorite spices, herbs, or sauce for at least 15 minutes before cooking. This will help the tofu absorb the flavors better.
2. Load up your stir fry with a colorful assortment of vegetables like bell peppers, carrots, broccoli, snow peas, or any other vegetables of your choice. Vegetables add essential vitamins, minerals and fiber to the dish, making it more nutritious.
3. Stir fry the tofu and vegetables quickly over high heat to retain their nutrients and vibrant colors. Be careful not to overcook them, as they should remain crisp and tender.



- minutes until the vegetables are tender-crisp.
- ★ Return the tofu to the pan and add the cooked little millet. Mix everything.
- ★ Drizzle soy sauce over the mixture and season with salt and pepper to taste. Stir fry for an additional 2-3 minutes to allow the flavors to blend.
- ★ Remove from heat and garnish with fresh coriander or green onions, if desired.



Nutritional value per serving

113 kcal

Energy

23.7 g

Carbohydrates

3.6 g

Protein

1.2 g

Fats



SAMAI SALAD

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Dinner, post-training	Easy	Defence base, forest, desert	Iron, Magnesium, Phosphorus, Vit B Complex, Zinc

INGREDIENTS

★ Samai or little millet	180 g
★ Sweet corn kernels (boiled)	1 cob
★ Sprouted Green gram	80 g
★ Grated raw mango	½ mango
★ Pomegranate	1 no.
★ Fresh Coconut	15 g
★ Salt	to taste
★ Coriander leaves	few
★ Coconut oil	15 g
★ Mustard	3 g
★ Hing	3 g
★ Curry leaves	1 sprig
★ Green chili (chopped)	1 no.

METHOD

- ★ Dry roast a little millet for 2 minutes. Wash and cook this in a cooker (one whistle) by adding ¾ cup of water and a pinch of salt.
- ★ After cooking, remove the cooker lid and spread the cooked millet on a wide plate and cool.
- ★ When it cools down, mix in boiled corn, sprouted green gram, grated raw mango, pomegranate, fresh Coconut, salt and chopped coriander leaves.
- ★ Do the seasoning by heating coconut oil. Add mustard. When it splutters, add hing, chopped green chili and curry leaves.

HEALTHY COOKING TIPS

- ★ Add chopped vegetables such as cucumbers, tomatoes, bell peppers, carrots and onions to the cooked millet. You can also add some fresh herbs like parsley, mint, or coriander for added flavor.
- ★ Prepare a simple dressing with olive oil, lemon juice, salt and pepper. Whisk all the ingredients together and drizzle it over the salad. Alternatively, you can use your favorite dressing.
- ★ To make the salad more filling and nutritious, you can add some protein-rich ingredients like boiled chickpeas, cooked chicken, or grilled tofu.
- ★ Little millet salad can be served as a side dish or as a main course. You can also pack it for lunch or carry it to a picnic as it is easy to transport.



- ★ Add this to salad and mix lightly and enjoy as a meal.



Nutritional value per serving

119 kcal

Energy

23.6 g

Carbohydrates

3.5 g

Protein

1.2 g

Fats



LITTLE MILLET SUMMER BOWL

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
breakfast, pre-training	Easy	Defence base, Galley, Forest, desert	Calcium, Magnesium, Protein, Vit B Complex, Vit E

INGREDIENTS

- ★ Little Millet 200 g
- ★ Water 250 ml
- ★ Curry leaves 2 sprigs
- ★ Red Chilli 1 no.
- ★ Garlic 4 cloves
- ★ Coriander Leaves 30 g
- ★ Cumin Seeds 5 g
- ★ Buttermilk 150 ml
- ★ Salt to taste

METHOD

- ★ Take a pressure cooker, add 200 g little millet then add 250 ml of water, 2 sprigs curry leaves, 1 chili, 4 garlic cloves, 2 tbsp coriander leaves, 1 tsp 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, 1 cup of buttermilk to mix everything well.
- ★ Little millet Summer Bowl is ready to serve with a pickle or any side of your choice.

HEALTHY COOKING TIPS

1. To make the porridge more nutritious, add some chopped vegetables like carrots, peas, or beans to the little millet porridge while cooking.
2. You can also add some grated coconut or chopped nuts to the porridge for a nutty flavor and added texture.
3. Cook the little millet porridge on low heat and stir frequently to prevent it from sticking to the bottom of the pot.
4. You can sweeten the porridge with honey, or any other natural sweetener of your choice.
5. Same recipe can be made with rice, oats, proso, jowar, bajra and amaranth.





Nutritional value per serving

192 kcal

Energy

36.4 g

Carbohydrates

4.4 g

Protein

3.4 g

Fats



LITTLE MILLET TOMATO RICE

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, Forest, Desert	Iron, Magnesium, Phosphorus, Vit. A & Vit. C

INGREDIENTS

★ Little millet	220 g
★ Onion	1 no.
★ Carrot	120 g
★ Tomato	2
★ Green chilli	1 no.
★ Curry leaves	1 sprig
★ Ginger (finely chopped)	1 tsp
★ Mustard seeds	5 g
★ Bengal gram	5 g
★ Urad dal	5 g
★ Turmeric powder	2 g
★ Red chili powder	2 g
★ Coriander leaves (chopped)	10 g
★ Water	500 ml
★ Salt	to taste
★ Oil	10 g

METHOD

- ★ Wash and soak little millet for 15 min.
- ★ Heat oil in a pressure cooker, add mustard seeds and let its splutter.
- ★ Then add Bengal gram and urad dal saute gently then add onion, ginger, green chili, green peas, carrot and curry leaves saute.
- ★ Add tomato, turmeric and red chili powder mix well till soft.

HEALTHY COOKING TIPS

- ★ Soak the little millet in water for at least 30 minutes before cooking. This helps in reducing the cooking time and also makes it easier to digest.
- ★ Use fresh and ripe tomatoes for the recipe. You can chop them finely or puree them in a blender.
- ★ Use minimal oil for cooking. You can use a non-stick pan or a pressure cooker to cook the rice. This will help in reducing the amount of oil used.
- ★ Add salt to taste and avoid adding too much salt. You can use rock salt or sea salt as a healthier option.
- ★ Serve the little millet tomato rice hot with a side of raita or any curry of your choice.
- ★ Same recipe, can be made with rice, jowar, ragi, bajra, oats and buckwheat.



- ★ 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.



Nutritional value per serving

170
kcal

Energy

27
g

Carbohydrates

6
g

Protein

3
g

Fats



EASY LITTLE MILLET KHICHDI

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, galley, forest, desert	iron, magnesium, phosphorus, vit b complex

INGREDIENTS

- ★ Little millet 80 g
- ★ Moong dal/split green gram 80 g
- ★ Ginger (optional)
- ★ Turmeric powder ¼ tsp
- ★ Salt to taste
- ★ Ghee 10 g
- ★ Jeera/cumin seeds 5 g
- ★ Rai/mustard seeds 5 g
- ★ Green chili 1 no.
- ★ Curry leaves 6-8
- ★ Walnuts pieces few
- ★ Veggies of your choice (carrots, beans, corn)
- ★ Coriander (for garnish)

METHOD

- ★ Rinse and drain the millets and moong dal a couple of times.
- ★ Heat the ghee in a pressure cooker.
- ★ Next, make the tempering, add the mustard and jeera it will splutter, add the pepper(if using), green chillies and curry leaves.
- ★ Transfer to the moong and millet mixture and fry till you get a nice aroma.
- ★ Toss in the walnuts and give a quick stir.
- ★ Add 1-¾ cup water, salt and ginger if using.
- ★ Bring to a rolling boil and let the water evaporate and come down to the level of the millets mixture.

HEALTHY COOKING TIPS

- ★ Use a mix of vegetables like carrots, beans, peas and tomatoes to add fiber, vitamins and minerals to the khichdi.
- ★ Use minimal oil and opt for healthier cooking oils like olive oil or coconut oil.
- ★ Add spices like cumin, coriander, turmeric and ginger to enhance the flavor of the khichdi while also providing additional health benefits.
- ★ Use homemade ghee instead of store-bought ghee to ensure the quality and purity of the ghee.
- ★ To make the khichdi more nutritious, add some sprouts or lentils like moong dal, or chana dal.
- ★ Same recipe can be made with rice, jowar, ragi, bajra, oats and buckwheat.



- ★ Add the veggies and close the cooker.
- ★ Cook for 2 whistles. Turn off the heat and allow the cooker to cool naturally.
- ★ Remove from the cooker and serve garnished with coriander with chutney/side dish of your choice.



AMARANTH MILLET RECIPES



Nutritional value per serving

270 kcal

Energy

49 g

Carbohydrates

3.4 g

Protein

5 g

Fats



AMARANTH MANGO PORRIDGE

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Moderate	Defence base, Galley, Forest	Fiber, Iron

INGREDIENTS

- ★ Amaranth Flour 60 g
- ★ Milk 150 ml
- ★ Mango Pulp 50 g
- ★ Sugar 15 g
- ★ Cardamom Powder as per taste

METHOD

- ★ Rinse the Amaranth millet thoroughly under cold water and drain.
- ★ In a saucepan, combine the rinsed millet and water or milk. Bring it to a boil.
- ★ Reduce the heat to low, cover the saucepan and let the millet simmer for about 20-25 minutes or until it becomes tender and most of the liquid is absorbed. Stir occasionally.
- ★ Once the millet is cooked, you can add honey or your preferred sweetener and cinnamon if desired. Stir well to incorporate the flavors.
- ★ Remove the saucepan from heat and let the porridge rest for a couple of minutes.
- ★ Mix the mango pulp & add chopped mangoes.
- ★ Serve the Amaranth Mango Porridge warm in bowls.

HEALTHY COOKING TIPS

- ★ The same recipe can be made in rice, proso, jowar, nachni, bajra and oats.
- ★ Top with your favorite fresh fruits, nuts, or seeds for added taste and texture.
- ★ Enjoy the Amaranth Millet Porridge as a nutritious and satisfying breakfast or snack option.





Nutritional value per serving

150 kcal

Energy

31.3 g

Carbohydrates

6.8 g

Protein

1.4 g

Fats



RAJGIRA- SPROUTS BHEL

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Breakfast, Pre-training	Very Easy	Defence Base, Galley, Desert	Fiber, Iron

INGREDIENTS

★ Puffed Amaranth	30 g
★ Moong sprouts	30 g
★ Onion	50 g
★ Coriander	5 g
★ Lemon Juice	5 ml
★ Red chili flakes, salt	as per taste
★ Sev	10 g

HEALTHY COOKING TIPS

Same recipe can be made with jowar, bajra, ragi, barnyard and buckwheat.



METHOD

- ★ Take puffed amaranth, add sprouted moong, add chopped vegetables like onion, carrot and coriander, squeeze lemon juice for taste and add salt. Top with sev.
- ★ Have it while it is still freshly prepared.



Nutritional value per serving

300
kcal

Energy

57
g

Carbohydrates

6.7
g

Protein

8
g

Fats



AMARANTH AND SWEET POTATO CUTLETS

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Breakfast, Pre-workout	Moderate	5-7	dietary Fiber, Calcium, Iron

INGREDIENTS

★ Amaranth Flour	60 g
★ Sweet Potato	100 g
★ Onion	50 g
★ Coriander	5 g
★ Lemon juice	5 ml
★ Breadcrumbs	20 g
★ Red chili, salt	as per taste

METHOD

- ★ Pressure cook the sweet potato, let it cool and mash it to soft.
- ★ Take amaranth flour, add the mashed sweet potato paste and water, until binding consistency.
- ★ Add chopped onion and coriander.
- ★ Cover with Bread crumbs/Semolina for coating.
- ★ Shallow fry and serve hot with Mint-coriander chutney.



Nutritional value per serving

186 kcal

Energy

20 g

Carbohydrates

2.1 g

Protein

10.6 g

Fats



AMARANTH AND CARROT CHEELA.

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Breakfast, Pre-workout	Moderate	2	Fiber, Beta carotene, Iron

INGREDIENTS

- ★ Amaranth Flour 60 g
- ★ Carrot 100 g
- ★ Onion 50 g
- ★ Coriander 5 g
- ★ Red chili, salt as per taste
- ★ Ginger 5 g

METHOD

- ★ Pressure cook the carrot, let it cool and mash it into a soft paste.
- ★ Take amaranth flour to add the mashed carrot paste and water, make until pouring consistency.
- ★ Add chopped onion, ginger and coriander.
- ★ Pour the batter on the hot pan and serve with coconut Chutney.



PROSO MILLET RECIPES



Nutritional value per serving

318 kcal

Energy

60 g

Carbohydrates

7.3 g

Protein

8.1 g

Fats



PROSO MILLET VENPONGAL

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Breakfast, Pre-training (2 hrs)	Easy	Defence Base, Galley, Forest, High Altitude	Protein, Amino acid, leucine

INGREDIENTS

★ Proso millet/ Panivaragu	250 g
★ Moong dal	125 g
★ Ghee	15 g
★ Fried Cashew nuts (for garnishing)	
★ Oil	15 g
★ Cumin seeds	10g
★ Whole peppercorns	10 g
★ Hing	3 g
★ Ginger (finely chopped)	15 g
★ Curry leaves	few
★ Water	300 ml
★ Salt	to taste

METHOD

- ★ Soak the millet and moong dal together for 20 minutes.
- ★ Heat pressure pan, add ghee and oil; add cumin seeds, peppercorns and hing and wait till sputter.
- ★ Add ginger and curry leaves and sauté them.
- ★ Wash and drain the millet and moong dal. Add them to the mixture and sauté it for one minute.
- ★ Put them in a pressure cooker and cook for up to 3-4 whistles and switch off the flame.
- ★ Now open the lid and mix it well.
- ★ Garnish with fried cashew nuts.



Nutritional value per serving

157 kcal

Energy

27.1 g

Carbohydrates

2.05 g

Protein

5.1 g

Fats



PROSO MILLET LENTIL RICE

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence Base, Forest, High Altitude	Protein, Amino acid, leucine

INGREDIENTS

★ Panivaragu (Proso millet)	125 g
★ Tomato	1 no.
★ Green peas	45 g
★ Potato	1 no.
★ Carrot	1 no.
★ Onion	1 no.
★ Ginger	1 tbsp
★ Green chili	1 no.
★ Mustard seeds	5 g
★ Turmeric powder	3 g
★ Red chili powder	5 g
★ Chana dal	5 g
★ Urad dal	5 g
★ Water	550 ml
★ Oil	15 ml

METHOD

- ★ Wash Panivaragu 2 to 3 times.
- ★ Heat oil in a pressure cooker, add mustard seeds, bengalgram, urad dal, ginger, green chili and curry leaves.
- ★ Add onion and sauté till soft
- ★ Add green peas, potato, carrot & tomato and sauté till soft

HEALTHY COOKING TIPS

Some people, including myself, believe that it is best to pre-soak all grains before cooking. Soaking helps attain more nutritive benefits and digestion ease.

1. First, rinse the millet before cooking to remove any loose starch or impurity. This process also helps to avoid stickiness during the cooking process
2. Next, soak your millet in 3-4 times the amount of water overnight or at least for 6 hours. This step helps the grain to be more digestible to get all the nutrients inside.
3. Next, you can boil water in a pot, add millet and salt and allow it to simmer after giving it a boil. Cover and cook for 20 minutes.
4. Same recipe can be made with rice, jowar, ragi, buckwheat, barnyard millet.

- ★ Add turmeric and red chili powder and sauté
- ★ Add panivaragu mixture add salt mix well.
- ★ Add water, cover the lid and cook for 3 whistles
- ★ Once it's ready, add coriander leaves, Serve hot with pickle.





Nutritional value per serving

210 kcal

Energy

57 g

Carbohydrates

12.5 g

Protein

12 g

Fats



PROSO MILLET PHIRNI

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Post Lunch	Easy	Defence base, Galley, High Altitude	Protein, Amino acid, leucine and Calcium

INGREDIENTS

★ Fields of gold proso millet	200 g
★ Fields of gold organic jaggery	100 g
★ Milk	600 ml
★ Salt	3 g
★ Organic cardamom	2 nos.
★ Fields of gold desi ghee	15 g
★ Dry fruits	75 g

METHOD

- ★ Soak Proso millet for 20 mins in lukewarm water.
- ★ In a thick bottom saucepan, heat ghee and sauté dry fruits of your choice and keep them aside in a bowl.
- ★ In the same ghee add the soaked millet and let it get light brown in color.
- ★ Add cardamom, milk and jaggery to it.
- ★ Simmer it on low flame till it thickens.
- ★ Garnish with sautéed dry fruits.

HEALTHY COOKING TIPS

Some people, including myself, believe that it is best to pre-soak all grains before cooking. Soaking helps attain more nutritive benefits and digestion ease.

1. First, rinse the millet before cooking to remove any loose starch or impurity. This process also helps to avoid stickiness during the cooking process
2. Next, soak your millet in 3-4 times the amount of water overnight or at least for 6 hours. This step helps the grain to be more digestible to get all the nutrients inside.
3. Next, you can boil water in a pot, add millet and salt and allow it to simmer after giving it a boil. Cover and cook for 20 minutes.
4. Same recipe can be made with rice, oats, jowar, amaranth, ragi and buckwheat.





KODO MILLET RECIPES



Nutritional value per serving

300 kcal

Energy

40 g

Carbohydrates

10 g

Protein

8 g

Fats



KODO MILLET PROTEIN BOWL

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
lunch, post-training	Easy	Defence base, Forest, high altitude	Iron, Magnesium, B Vitamin, Fiber, Magnesium

INGREDIENTS

- ★ Kodo millet 100 g
- ★ Water 250 ml
- ★ Mixed vegetables (broccoli, carrots, bell peppers, etc.) 200 g
- ★ Cooked chickpeas 75 g
- ★ Tofu (diced) 80 g
- ★ Olive oil 30 g
- ★ Cumin powder 5 g
- ★ Paprika 5 g
- ★ Salt and pepper to taste
- ★ Fresh coriander, chopped (for garnish)
- ★ Lemon wedges (for serving)

METHOD

- ★ Rinse the Kodo millet under running water. In a saucepan, combine the rinsed millet and water. Bring it to a boil, then reduce the heat to low, cover and let it simmer for about 15-20 minutes until the millet is cooked and fluffy.
- ★ In the meantime, heat one tablespoon of olive oil in a skillet over medium heat. Add the mixed vegetables and sauté for about 5-7 minutes until they are tender. Season with salt, pepper, cumin powder and paprika. Stir well to coat the vegetables evenly with the spices. Remove from the skillet and set aside.
- ★ In the same skillet, add another tablespoon of olive oil. Add the diced tofu and cook for about 5 minutes until it turns golden brown on all sides.

HEALTHY COOKING TIPS

- ★ Add protein-rich ingredients: Enhance the protein content of your bowl by adding nutritious protein sources such as cooked chicken, tofu, beans, lentils, or boiled eggs. These ingredients will provide a well-rounded meal.
- ★ Include vegetables: Load your bowl with a variety of colorful vegetables for added nutrition. Consider adding chopped spinach, bell peppers, tomatoes, cucumbers, carrots, or any other vegetables of your choice. You can sauté or steam the veggies before adding them to the bowl.
- ★ Add a source of healthy fats, such as avocado slices, nuts, or seeds, to increase satiety and provide essential nutrients. These healthy fats will complement the protein and fiber content of the meal.



You can also season the tofu with salt and pepper if desired. Remove from the skillet and set aside.

- ★ Once the Kodo millet is cooked, fluff it with a fork. In a serving bowl, add the cooked millet as the base. Top it with the sautéed mixed vegetables, cooked chickpeas and tofu.
- ★ Garnish the bowl with fresh chopped Coriander. Squeeze some lemon juice on top for extra flavor.



Nutritional value per serving

120 kcal

Energy

25 g

Carbohydrates

3 g

Protein

1 g

Fats



KODO MILLET SALAD

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
lunch	Easy	Defence base, galley, forest, high altitude, desert	Iron, Magnesium, B Vitamin, Phosphorus

INGREDIENTS

★ Kodo millet	200 g
★ Water	250 ml
★ Small cucumber (diced)	1
★ Small carrot (grated)	
★ Small red onion (thinly sliced)	1
★ Cherry tomatoes (halved)	75 g
★ Chopped fresh coriander	50 g
★ Juice of 1 lemon	
★ Extra-virgin olive oil	30 g
★ Salt and freshly ground black pepper	to taste

METHOD

- ★ Rinse the Kodo millet thoroughly and drain.
- ★ Add the millet and water to a pot and bring to a boil.
- ★ Reduce the heat to low, cover and simmer for 20-25 minutes, or until the millet is tender and the water is absorbed.
- ★ Remove the pot from the heat and let it sit for 5 minutes. Fluff the millet with a fork and let it cool.
- ★ In a large bowl, combine the cooked millet, cucumber, carrot, red onion, cherry tomatoes and coriander.
- ★ In a small bowl, whisk together the lemon juice, olive oil, salt and pepper.
- ★ Pour the dressing over the salad and toss gently to combine.
- ★ Serve the salad at room temperature or chilled.

HEALTHY COOKING TIPS

- ★ Use healthy fats: Instead of using unhealthy fats like vegetable oil or butter, use healthy fats like olive oil, avocado oil, or coconut oil to make your salad dressing.
- ★ Add protein: To make your salad more filling and nutritious, add a source of protein like grilled chicken, tofu, or boiled eggs.
- ★ Season with herbs and spices: To add flavor and nutrients to your salad, season it with herbs and spices like basil, coriander, oregano, thyme, cumin, or paprika.





Nutritional value per serving

65
kcal

Energy

14
g

Carbohydrates

2
g

Protein

0.7
g

Fats



KODO MILLET ENERGY DRINK

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
During training	Easy	Defence base, forest, high altitude, desert	Iron, Calcium, B Complex, Protein, Phosphorus

INGREDIENTS

- ★ Cooked Kodo millet (cooled) 75 g
- ★ Fresh fruit juice (e.g. - orange, pineapple, or any fruit juice of your choice) 200 ml
- ★ Honey or a natural sweetener (optional) 10 g
- ★ Water or coconut water (optional, for adjusting consistency)
- ★ Ice cubes

METHOD

- ★ Take the cooked Kodo millet and blend it in a blender until smooth.
- ★ In a separate container, mix the fresh fruit juice with the blended millet. You can adjust the ratio of millet to juice based on your preference.
- ★ If desired, add honey or another natural sweetener to taste.
- ★ If the consistency is too thick, you can add water or coconut water to achieve the desired texture.
- ★ Pour the mixture into a glass, add ice cubes and stir well.
- ★ Kodo millet energy drink is ready to be enjoyed!

HEALTHY COOKING TIPS

- ★ Add a liquid component to the blender to achieve the desired consistency. You can use water, coconut water, almond milk, or any other liquid of your choice. Adjust the amount based on your preference for a thicker or thinner consistency.
- ★ Enhance the flavor of your Kodo millet energy drink by incorporating ingredients like honey, cinnamon, vanilla extract, or a squeeze of citrus juice. These additions can add a touch of sweetness or a burst of flavor.





Nutritional value per serving

70
kcal

Energy

18
g

Carbohydrates

2
g

Protein

1
g

Fats



KODO MILLET HOMEMADE SPORT DRINK

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
During training	Easy	Defence base, Forest, High Altitude, Desert	Iron, calcium, magnesium

INGREDIENTS

- ★ Cooked and cooled Kodo millet 110 g
- ★ Water 500 ml
- ★ Honey (optional) 15 g
- ★ Salt 1/4 tsp
- ★ Juice of 1 lemon or lime
- ★ Optional: additional flavorings like mint leaves or sliced fruits

METHOD

- ★ Cook the Kodo millet according to the package instructions and allow it to cool completely. You can cook a larger batch and store it in the refrigerator for future use.
- ★ In a blender, combine the cooked Kodo millet and water. Blend until you get a smooth consistency.
- ★ Pour the millet mixture into a large pitcher or bottle.
- ★ Add the honey or, (if using) to sweeten the drink. You can adjust the sweetness according to your preference.
- ★ Add the salt and the juice of one lemon or lime to provide electrolytes and enhance the flavor. Stir well to combine.
- ★ If desired, you can add additional flavorings like a few sprigs of mint leaves or sliced fruits such as strawberries or cucumber for a refreshing twist.
- ★ Refrigerate the sports drink for at least an hour to chill and allow the flavors to blend.
- ★ Before consuming, give the drink a good stir as the millet tends to settle at the bottom.

HEALTHY COOKING TIPS

- ★ Kodo millet can be cooked similarly to rice or other grains. Make sure to rinse it thoroughly before cooking to remove any debris.
- ★ Adjust the sweetness of the sports drink by adding more or less honey or, according to your taste preferences.
- ★ The addition of lemon or lime juice provides a refreshing flavor to the sports drink. You can omit it if you prefer a plain taste or experiment with other natural flavorings like orange or berries.
- ★ If you want a smoother texture, you can blend the cooked millet instead of straining it. This will create a thicker consistency in the sports drink.





Nutritional value per serving

350 kcal

Energy

55 g

Carbohydrates

15 g

Protein

10 g

Fats



KODO MILLET FRUIT PARFAIT

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Post workout	Easy	Defence base, galley, forest	Iron, Magnesium, B Vitamin, Vita, Vit C, Zinc

INGREDIENTS

- ★ Cooked and cooled kodo millet 110 g
- ★ Greek yogurt 200 g
(you can use plain or vanilla-flavored)
- ★ Honey (optional, for sweetness) 15 g
- ★ Mixed fresh fruits (such as berries, Sliced bananas, diced mangoes, etc.) 75 g
- ★ Chopped nuts (such as almonds, walnuts, or pistachios) 15 g
- ★ Chia seeds 15 g
- ★ Fresh mint leaves for garnish (optional)

METHOD

- ★ In a bowl, combine the yogurt and honey or, (if using) and mix well. Set aside.
- ★ Take a glass or a jar and start layering the ingredients. Begin with a spoonful of the cooked and cooled Kodo millet at the bottom.
- ★ Next, add a layer of the sweetened yogurt mixture on top of the millet.
- ★ Add a layer of mixed fresh fruits on top of the yogurt. You can use any combination of fruits you prefer.
- ★ Sprinkle a tablespoon of chopped nuts over the fruit layer.
- ★ Repeat the layers until you reach the top of the glass or jar, finishing with a layer of fruit and nuts.

HEALTHY COOKING TIPS

- ★ Include healthy toppings: Add a bit of crunch and extra nutrients by sprinkling the parfait with healthy toppings like chopped nuts (almonds, walnuts, or pistachios), chia seeds, flax seeds, or granola. These toppings will add texture and make the parfait more satisfying.
- ★ Use natural sweeteners: Avoid using refined sugars and opt for natural sweeteners like honey, or stevia. You can drizzle a small amount over the fruit layers or mix it into the yogurt.
- ★ Sprinkle chia seeds over the top layer.
- ★ Garnish with fresh mint leaves if desired.
- ★ Place the parfait in the refrigerator for at least 30 minutes to allow the flavors to meld together and the chia seeds to thicken.
- ★ Once chilled, your Kodo millet fruit parfait is ready to enjoy! You can eat it directly from the glass or jar or transfer it to a bowl.





Nutritional value per serving

174 kcal

Energy

36 g

Carbohydrates

5 g

Protein

2 g

Fats



KODO MILLET SMOOTHIE

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Post training, snack	Easy	Defence base, galley forest, desert	Iron, Calcium, B Complex, Protein

INGREDIENTS

- ★ Cooked Kodo millet 180 g
- ★ Banana 1
- ★ Almond milk 250 ml
- ★ Vanilla extract 3 g
- ★ Teaspoon cinnamon 3g Tsp
- ★ Honey 15 g
- ★ Few ice cubes

METHOD

- ★ Cook Kodo millet according to package instructions and let cool.
- ★ Add the cooled millet, banana, almond milk, vanilla extract, cinnamon, honey and ice cubes to a blender.
- ★ Blend until smooth and creamy.
- ★ Pour into a glass and enjoy!

HEALTHY COOKING TIPS

- ★ Choose healthy sweeteners: Instead of using refined sugar or artificial sweeteners, try using natural sweeteners like dates and honey or, to sweeten your smoothie.
- ★ Add healthy fats: Adding healthy fats like avocado, nuts, or seeds to your smoothie can make it more satisfying and help keep you full for longer.
- ★ Use plant-based milk: Plant-based milk like almond milk, soy milk, or coconut milk are good options for making a healthy Kodo millet smoothie. They are low in calories and high in nutrients.





Nutritional value per serving

300 kcal

Energy

40 g

Carbohydrates

10 g

Protein

8 g

Fats



KODO MILLET PULAO

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
lunch, dinner	Easy	Defence base, galley, forest, desert	Iron, Magnesium, B Vitamin

INGREDIENTS

★ Kodo millet	175 g
★ Water	300 ml
★ Onion, sliced	1
★ Tomato, chopped	1
★ Carrot, diced	1
★ Green peas	50 g
★ Cloves garlic, minced	2
★ Cumin seeds	5 g
★ Coriander powder	5 g
★ Garam masala	5 g
★ Salt	to taste
★ Oil	30 g

METHOD

- ★ Rinse the Kodo millet and soak it in water for 30 minutes.
- ★ Heat oil in a pan and add cumin seeds. Once they start to splutter, add the sliced onion and sauté until it turns golden brown.
- ★ Add minced garlic and sauté for a minute.
- ★ Add chopped tomatoes, diced carrots, green peas and mix well.
- ★ Add coriander powder, garam masala and salt to taste. Cook for 5 minutes until the vegetables are tender.

HEALTHY COOKING TIPS

- ★ Use homemade or low-sodium vegetable broth instead of water to add flavor to the dish. This will also reduce the amount of salt needed.
- ★ Use spices like cumin, coriander, turmeric and cinnamon to add flavor to the dish. These spices also have health benefits like reducing inflammation and aiding digestion.
- ★ Finally, garnish with fresh herbs like coriander or parsley to add more flavor and nutrition to the dish.
- ★ Same recipe can be made with rice, oats, quinoa and buckwheat.



- ★ Drain the soaked Kodo millet and add it to the pan. Mix well.
- ★ Add 300 ml of water and mix everything well. Bring it to a boil.
- ★ Lower the heat and cover the pan. Cook for 15-20 minutes or until the Kodo millet is cooked and the water is absorbed.
- ★ Serve hot with raita.



Nutritional value per serving

134 kcal

Energy

19.8 g

Carbohydrates

3.2 g

Protein

4.7 g

Fats



KODO MILLET PAYASAM

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
breakfast	Easy	Defence base, galley, high altitude	Iron, calcium, b complex, protein, phosphorus

INGREDIENTS

★ Kodo Millet	200 g
★ Milk	750 ml
★ Sugar	115 g
★ Cardamom powder	1/4 tsp
★ Ghee	20 g
★ Cashew nuts	10-12
★ Raisins	10-12

METHOD

- ★ Rinse the Kodo Millet well and soak it in water for 30 minutes.
- ★ Drain the water and cook the Kodo Millet in 300 ml of milk until it becomes soft. Stir occasionally to prevent sticking.
- ★ Add the remaining milk and sugar and let it simmer for 10-15 minutes. Stir occasionally.
- ★ Add cardamom powder and stir well.
- ★ In a small pan, heat the ghee and fry the cashew nuts and raisins until they turn golden brown.
- ★ Add the fried cashew nuts and raisins to the Kodo Millet Payasam.
- ★ Serve hot or chilled.

HEALTHY COOKING TIPS

- ★ Use jaggery instead of white sugar: Jaggery is a healthier alternative to white sugar as it is unrefined and contains essential minerals like iron, calcium and magnesium. It also has a lower glycemic index, making it a better option for people with diabetes.
- ★ Choose low-fat milk: To make your payasam healthier, you can use low-fat or skimmed milk instead of full-fat milk. This will reduce the calorie content of your payasam and make it easier to digest.
- ★ Add nuts and seeds: You can add a variety of nuts and seeds like almonds, cashews and chia seeds to your payasam to make it more nutritious.





BARNYARD MILLET RECIPES



Nutritional value per serving

135 kcal

Energy

20 g

Carbohydrates

2.5 g

Protein

4.6 g

Fats



BARNYARD MILLET ENERGY BARS

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
During training, Pre-training, Snack	Easy	Forest, Desert	Magnesium, vitamins B6, fiber, iron

INGREDIENTS

★ Barnyard	200 g
★ Oats	150 g
★ Almond	50 g
★ Sesame seeds	15 g
★ Jaggery powder	75 g
★ Peanut butter	30 g
★ Oil	10 g

HEALTHY COOKING TIPS

The same recipe can be made with Wheat, Amaranth and Ragi.



METHOD

- ★ Dry roast oats for 3 to 4 minutes till they turn golden brown. Be careful while roasting as they tend to burn very fast. For this, keep stirring on a medium flame. Once golden brown, immediately take them out in a bowl.
- ★ Similarly, dry roast millets for 3 to 4 minutes on medium flame only. It's difficult to make out by the color, so either taste a few to check if they have become crunchy or just roast them for 4 minutes.
- ★ Roast almonds and sesame seeds. Roasting makes them crunchy and add flavor to a great extent.
- ★ Grease a tray and keep it aside
- ★ Take jaggery powder in the same wok, add water and let it dissolve fully. Once dissolved, boil it for a minute or so. Throughout the process, keep stirring and do not leave it unattended as it tends to burn very fast.
- ★ Add peanut butter and give one more boil.
- ★ Add the roasted mix.
- ★ Toss everything for 30 to 40 seconds till everything gets together and leaves.
- ★ Put this mixture on the greased plate and spread it with the back of the spatula.
- ★ Leave it on the kitchen counter for half an hour or till it sets completely.
- ★ Cut into desired shape and Store in an airtight container.



Nutritional value per serving

218 kcal

Energy

37.5 g

Carbohydrates

5.5 g

Protein

4.5 g

Fats



BARNYARD MILLET SMOOTHIE

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Moderate	Defence base, galley, forest, desert.	iron, protein and fiber.

INGREDIENTS

- ★ Barnyard millet 50 g
- ★ Milk 200 ml
- ★ Unsweetened cocoa powder 10 g
- ★ Black dates 2 nos
- ★ Chia seeds ½ tsp

METHOD

- ★ Soak the barnyard millet in water for a minimum of 4-5 hours.
- ★ In a pan, add water and soaked barnyard millet and cover it with a lid and cook properly.
- ★ In a blender, add milk, cooked barnyard millet, unsweetened cocoa powder, chia seeds and dates.
- ★ Blend it well. Can add some milk to get the consistency you like.
- ★ Transfer the smoothie into a serving glass jar and top it off with some chia seeds or chopped dry fruits of your choice for some crunch.



Nutritional value per serving

168 kcal

Energy

27 g

Carbohydrates

3.5 g

Protein

2.4 g

Fats



BARNYARD MILLET SALAD

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Side dish, lunch, dinner	Easy	Galley, forest, Desert	Magnesium, vitamins B6, zinc, fiber, iron

INGREDIENTS

★ Barnyard millet cooked	200 g
★ Sweet corn	100 g
★ Broccoli	80 g
★ Carrots	80 g
★ Coriander Leaves	1 bunch of small
★ Almonds	3-4 pcs.
★ Lemon juice	15 ml
★ Salt	to taste

HEALTHY COOKING TIPS

- ★ Steaming time depends on how you cut the veggies and according to your taste.
- ★ Add the almonds just before serving so that they remain crunchy.
- ★ Instead of almonds, you could use any nuts or pumpkin seeds, or sunflower seeds.



METHOD

- ★ Steam the broccoli, chopped carrot and sweet corn.
- ★ While the veggies are steamed, cook the millet and let it cool down. You can use the leftover millet also.
- ★ Take a mixing bowl and add steamed veggies. Add all salad dressing ingredients and give a good mix.
- ★ Now add the cooked millet mixture, coriander leaves and mix it well.
- ★ Add the almonds, mix well and the millet vegetable salad is ready.



Nutritional value per serving

130 kcal

Energy

10 g

Carbohydrates

7.4 g

Protein

13 g

Fats



BARNYARD EGG BHURJI

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Recovery snack, Post workout	Easy	Galley, Forest, Desert	Vitamin B6, fiber, iron, calcium, protein

INGREDIENTS

- ★ Barnyard millet 200 g
- ★ Eggs 2 no.
- ★ Onion 50 g
- ★ Tomato 50 g
- ★ Green chili 1 no.
- ★ Salt to taste
- ★ Oil 10 g

HEALTHY COOKING TIPS

You can also add other vegetables or herbs of your choice to the omelet, such as bell peppers, spinach, or parsley



METHOD

- ★ Rinse the barnyard millet under cold water and drain.
- ★ In a saucepan, bring water to a boil and add the millet. Reduce heat, cover and simmer for about 15 minutes or until the millet is cooked and tender. Drain any excess water.
- ★ In a mixing bowl, beat the eggs until well combined. Season with salt and pepper.
- ★ Add the cooked millet, chopped onion, diced tomato and green chili (if using) to the beaten eggs. Mix well to combine.
- ★ Heat oil in a non-stick skillet over medium heat.
- ★ Pour the millet and egg mixture into the skillet.
- ★ Keep stirring carefully using a spatula and cook for few minutes until cooked through.
- ★ Once cooked, transfer the barnyard millet bhurji to a plate and serve hot.



Nutritional value per serving

200 kcal

Energy

18 g

Carbohydrates

4.5 g

Protein

3 g

Fats



BARNYARD MILLET PROTEIN BOWL

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Recovery snack, Post workout	Easy	Galley, Forest, Desert	Vitamin B6, fiber, iron, calcium, protein

INGREDIENTS

★ Barnyard	175 g
★ Chickpeas	90 g
★ Black Beans	90 g
★ Carrot	45 g
★ Peas	45 g
★ Capsicum	45 g
★ Garlic paste	45 g
★ Oil	10 g

HEALTHY COOKING TIPS

The same recipe can be made with Bajra, Amaranth and Ragi.



METHOD

- ★ Rinse the barnyard millet under cold water and drain.
- ★ In a saucepan, bring water to a boil and add the millet. Reduce heat, cover and simmer for about 20 minutes or until the millet is tender.
- ★ In a separate skillet, heat olive oil over medium heat. Add minced garlic and sauté until fragrant.
- ★ Add the mixed vegetables to the skillet and cook until they are tender yet still crisp.
- ★ Stir in the cooked chickpeas and black beans and season with salt and pepper to taste. Cook for an additional 2-3 minutes.
- ★ Once the millet is cooked, fluff it with a fork and transfer it to a serving bowl.
- ★ Top the millet with the vegetable and bean mixture and garnish with fresh herbs if desired.
- ★ Serve the barnyard millet protein bowl warm and enjoy!



Nutritional value per serving

189
kcal

Energy

16
g

Carbohydrates

5.6
g

Protein

14
g

Fats



BARNYARD MILLET JAGGERY PAYASAM

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Side dish	Easy	Forest, Desert	Potassium, vitamins B complex, zinc, fiber, iron

INGREDIENTS

★ Barnyard millet	100 g
★ Milk	500 ml
★ Jaggery	75 g
★ Cardamom	3 pods
★ Cashews	10 pcs.
★ Ghee	15 g

HEALTHY COOKING TIPS

The same recipe can be made with Ragi.



METHOD

- ★ To begin making the Barnyard Millet Jaggery Payasam Recipe, we will first pressure cook the barnyard millet in a pressure cooker with 1 cup of water for 5 to 6 whistles. It takes a good 20 minutes to cook the millet in the pressure cooker.
- ★ Allow the pressure to release naturally and keep the Barnyard Millet aside.
- ★ Heat a saucepan with milk on a medium heat. Add crushed cardamom pods and jaggery into the milk and bring it to a boil.
- ★ Add cooked millet as well and simmer the Barnyard Millet Jaggery Payasam for at least 20 minutes until the payasam thickens and has a creamy consistency.
- ★ When you get the desired consistency for the Barnyard Millet Jaggery Payasam, you can turn off the heat.
- ★ Heat a small skillet, add 2 tablespoons of ghee. Drop in the cashew nuts and toast them until it is golden brown on low to medium heat.
- ★ Once cashew nuts are roasted, spoon them over the Barnyard Millet Jaggery Payasam and serve.
- ★ Serve the Barnyard Millet Jaggery Payasam Recipe.



Nutritional value per serving

167
kcal

Energy

31
g

Carbohydrates

3.8
g

Protein

12
g

Fats



BARNYARD MILLET KESARI

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Side dish, Dessert,	Easy	Desert, Forest	Potassium, iron, zinc, fiber

INGREDIENTS

★ Barnyard millet	110 g
★ Sugar	75 g
★ Cardamom	2 pods
★ Cashews	6-7 pcs.
★ Raisins	2 pcs.
★ Ghee	30 g

HEALTHY COOKING TIPS

The same recipe can be made with Ragi.



METHOD

- ★ Heat about 1 teaspoon of ghee / clarified butter in a pan. Add the measured Barnyard millet and keep stirring to evenly roast the millet. Make sure that you fry it on low to medium flame. The millet will turn aromatic and slightly change color.
- ★ Remove the millet and let it cool to room temperature.
- ★ Grind the roasted millet to a fine semolina / rava-like texture.
- ★ In the same pan, heat 1 more teaspoon of ghee and fry the cashews and the raisins. Remove it on a plate.
- ★ In the meantime, heat about 3 cups of water and bring it to a boil. Let it simmer.
- ★ Return the ground millet to the same pan and fry for a minute more.
- ★ Now lower the flame and slowly add the boiling water to the millet. Mix well to avoid lumps and let the millet cook on low flame. Keep adding more hot water to make sure that the millet cooks well. It will take about 5 to 7 minutes.
- ★ Check to see if the millet is cooked completely and is soft.
- ★ Add the measured sugar to the cooked millet and mix well. Add 1 tablespoon of ghee and let the Kesari cook.
- ★ The mixture will start to solidify. At this stage add the remaining ghee and cardamom powder. Mix well and cook until the Kesari starts to leave the sides of the pan.
- ★ Add the fried cashew and raisin and turn off the flame.
- ★ The Kesari is now ready to serve.



BUCKWHEAT MILLET RECIPES



Nutritional value per serving

210 kcal

Energy

24 g

Carbohydrates

30 g

Protein

3 g

Fats



BUCKWHEAT PROTEIN SMOOTHIE

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Breakfast, Post workout	Easy	High Altitude, Cold Weather	Magnesium, Iron, Zinc, Fiber

INGREDIENTS

- ★ Buckwheat (kuttu) 120 g
- ★ Milk 250 ml
- ★ Banana, big 1 pc
- ★ Chia seeds 5 g
- ★ Protein powder 15 g

METHOD

- ★ In a blender, combine the cooked buckwheat groats, frozen banana, milk, honey or, chia seeds and protein powder
- ★ Blend on high until all the ingredients are well combined and smooth.
- ★ If desired, add ice cubes to the blender and blend again until the smoothie reaches your desired consistency.
- ★ Pour the smoothie into a glass and serve immediately as a refreshing post-training drink.



Nutritional value per serving

118 kcal

Energy

25 g

Carbohydrates

3 g

Protein

1 g

Fats



BANANA AND BUCKWHEAT OAT GRANOLA BARS

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Snacks, pre-training (2hrs), during a workout	Easy	High Altitude, Cold Weather	Magnesium, Iron, Vitamin C, Calcium

INGREDIENTS

- ★ Buckwheat 115 g
- ★ Oats 160 g
- ★ Raisins 30 g
- ★ Blueberry 100 m
- ★ Banana 3 nos.
- ★ Vanilla extract 5 g

METHOD

- ★ Preheat the oven to 180°C (fan)/200°C/400°F/gas mark 6. Grease a 20x30cm tin and line it with baking paper.
- ★ Mash 3 ripe bananas in a mixing bowl, then add 115g cooked buckwheat, 160g oats, 30g raisins, 100g blueberries and 1 teaspoon vanilla extract. Stir well.
- ★ Scrape into the prepared tin and smooth over the top.
- ★ Bake for 25 minutes or until the top is turning golden brown and the bars are firm to the touch.
- ★ Transfer to a wire cooling rack and allow to cool completely before cutting into bars or squares.



Nutritional value per serving

136 kcal

Energy

24.8 g

Carbohydrates

4.5 g

Protein

2.3 g

Fats



BUCKWHEAT DHOKLA

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Breakfast, Snack, Pre-training (2hrs)	Easy	High Altitude, Cold Weather	Fiber, protein (amino acids - lysine and arginine)

INGREDIENTS

★ Buckwheat (kuttu)	110 g
★ Sour curd	75 g
★ Green chili paste	5 g
★ Ginger paste	¼ tsp
★ Salt	to taste

METHOD

- ★ Clean and wash the buckwheat in enough water only once. Washing it more will cause the starch to drain out.
- ★ Drain the excess water using a strainer.
- ★ Combine the buckwheat, curds and 1/2 cup of water in a deep bowl and mix well. Cover with a lid and keep aside to soak for at least 4 to 5 hours.
- ★ Add the green chili paste, ginger paste and salt and mix very well.
- ★ Pour half the batter into a greased 175 mm. (7") diameter thali and spread evenly by rotating the thali clockwise.
- ★ Steam in a steamer for 10 to 12 minutes or till the dhoklas are cooked.
- ★ Cool slightly, cut into pieces and serve immediately.

HEALTHY COOKING TIPS

- ★ Remember to wash the buckwheat to remove the starch. Wash it once and not many times.
- ★ Depending on the weather and temperature in your area, the soaking time will vary. We suggest a minimum of 4 hours of soaking which can increase to 5 to 6 hours during the winter season.





Nutritional value per serving

222
kcal

Energy

31
g

Carbohydrates

6.2
g

Protein

10
g

Fats



BUCKWHEAT HANDVO

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Snacks, pre-training (2hrs), breakfast	Easy	High Altitude, Cold Weather	Magnesium, iron, calcium, fiber

INGREDIENTS

★ Buckwheat	220 g
★ Curd	200 g
★ Potato	120 g
★ Ginger	10 g
★ Green chili	3 nos.
★ Coriander	1 bunch of small
★ Cumin seeds	5 g
★ Sesame seed	5 g
★ Oil	10 g
★ Salt	to taste

METHOD

- ★ Combine the buckwheat and curd in a bowl and mix well. Cover and keep aside for at least 1 hour.
- ★ Add the potatoes, ginger, green chillies, coriander and salt and mix well. Cover and keep aside for at least 1 hour.
- ★ Heat the oil in a non-stick kadhai and add the cumin seeds and mustard seeds.
- ★ When the seeds crackle, add the sesame seeds and asafoetida and sauté on a medium flame for a few seconds, while stirring continuously.
- ★ Pour the batter into the non-stick kadhai and spread it evenly to make a thick layer, cover and cook on a slow flame for 7 to 8 minutes or till the base turns golden in color and crisp.
- ★ Lift the handvo gently using 2 large flat spoons and turn it over to the other side
- ★ Cover and cook on a slow flame for another 7 to 8 minutes or till it turns golden brown in color.
- ★ Cool slightly and cut into equal pieces. Serve immediately



Nutritional value per serving

189 kcal

Energy

34.6 g

Carbohydrates

8.4 g

Protein

1.9 g

Fats



BUCKWHEAT MOONG AND VEGETABLE KHICHDI

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, dinner, Pre evening workout (2hrs)	Easy	High Altitude, Cold Weather	Fiber, iron, B vitamins, protein

INGREDIENTS

★ Buckwheat (kuttu)	110 g
★ Yellow moong dal	75 g
★ Chopped mixed vegetables	120 g
★ Oil	15 g
★ Black peppercorns	2 pc
★ Cloves (laung / lavang)	2 pc
★ Cumin seeds	5 g
★ Asafoetida (hing)	2.5 g
★ Turmeric powder	2.5 g
★ Green chili paste	5 g
★ Salt	to taste

HEALTHY COOKING TIPS

- ★ Wash buckwheat with your fingers only once as we want to remove the starch from it.
- ★ Green chilies can be replaced with green chili paste.
- ★ After cooking, if you wish to you can discard the cloves and peppercorns.



METHOD

- ★ To make buckwheat moong and vegetable khichdi, clean and wash the buckwheat. Drain and keep aside.
- ★ Clean and wash the moong dal. Drain and keep aside.
- ★ Heat the oil in a pressure cooker, add the peppercorns, cloves and cumin
- ★ Once the cumin seeds crackle, add the asafoetida, moong dal, buckwheat and mixed vegetables and sauté on a medium flame for 2 to 3 minutes.
- ★ Add the turmeric powder, green chili paste, salt and approx. 4 cups of water, mix well and pressure cook for 3 whistles.
- ★ Serve the buckwheat moong and vegetable khichdi hot with low-fat curd.



Nutritional value per serving

187 kcal

Energy

26 g

Carbohydrates

5.4 g

Protein

14 g

Fats



BUCKWHEAT CHOCOLATE WALNUT BROWNIE

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Snacks, pre-training (2hrs)	Easy	High Altitude, Cold Weather	Magnesium, iron, zinc, phosphorus, calcium

INGREDIENTS

★ Buckwheat flour	110 g
★ Dark chocolate	75 g
★ Milk	250 ml
★ Eggs	2 eggs
★ Walnuts	5-6 nos.
★ Cocoa powder	50 g
★ Baking powder	½ tsp
★ Butter	25 g
★ Brown sugar	40 g

METHOD

- ★ Preheat the oven to 100 degrees C for 5 minutes. Grease a 9x9 inch baking tray with a little oil, place a butter paper and keep it aside.
- ★ Melt chocolate and butter in a bowl using a microwave or a double boiler. Mix to combine well
- ★ In another mixing bowl, whisk the eggs until light and fluffy. Add the sugar, a little at a time and whisk well.
- ★ Add the chocolate and butter mixture and combine well.
- ★ Sift together the cocoa powder, buckwheat flour and baking powder. Add to the wet batter, one tablespoon at a time and fold well
- ★ Toss the walnuts and cacao nibs in 1 tsp wheat flour.
- ★ Pour the chocolate batter into the baking tray and throw in the walnuts and cacao nibs in between. Bake in the oven for 20 minutes at 150 degrees C until firm on the outside.
- ★ Remove from the oven, let it cool and cut into squares.



Nutritional value per serving

151
kcal

Energy

29
g

Carbohydrates

4.5
g

Protein

2.8
g

Fats



MIXED MILLET BREAD

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Breakfast, mid-morning snack, evening snack	Easy	High Altitude, Cold Weather	Magnesium, vitamins B and E, iron, phosphorus

INGREDIENTS

★ Buckwheat (kuttu)	200 g
★ Quinoa flour	110 g
★ Rice flour	75 g
★ Corn flour	50 g
★ Powdered flax seeds	10 g
★ Instant dry yeast	5 g
★ Sugar	5 g
★ Salt	to taste

METHOD

- ★ To make buckwheat and quinoa bread, combine the flaxseed powder and 1/2 cup of warm water in a deep bowl and mix well with a whisk for 2 minutes. Keep aside.
- ★ Combine the yeast, sugar and 2 tbsp of warm water in a small bowl and mix well. Cover with a lid and keep aside for 10 minutes.
- ★ Combine the buckwheat flour, quinoa flour, rice flour, corn flour, arrowroot flour, flaxseed-water mixture, yeast-sugar mixture and salt in a deep bowl and knead it into a soft dough using enough warm water.
- ★ Place the dough on greased bread and sprinkle the flaxseeds and buckwheat evenly over it.

HEALTHY COOKING TIPS

- ★ Ensure that the yeast is from an unopened packet or recently opened to get the best fluffy bread.
- ★ While the yeast is kept aside for activation, do not stir it at all. That can disturb the activation of the yeast.
- ★ Note that the time for the dough to rise varies with season and temperature. During summer the dough might rise within 25 minutes and during winter, it may take even an hour.
- ★ Cover the tin with a damp muslin cloth and keep it aside for 45 minutes.
- ★ Bake it in a preheated oven at 180° C (360°f) for 45 minutes.
- ★ Cool it slightly, demould using a butter knife and cut it into slices using a sharp bread knife.
- ★ Serve the millet bread immediately or store in an air-tight container and use as required.





BROWNTOP MILLET RECIPES



Nutritional value per serving

300
kcal

Energy

57
g

Carbohydrates

6.7
g

Protein

8
g

Fats



BROWNTOP MILLET STUFFED MUSHROOM

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Moderate	Defence base, Forest, High Altitude	Dietary Fiber, Calcium, Iron

INGREDIENTS

★ Cooked Browntop Millet	60 g
★ Mushroom	5 nos.
★ Onion	50 g
★ Garlic	10 g
★ Bell pepper	20 g
★ Parmesan cheese	15 g
★ Breadcrumbs	20 g
★ Pepper, salt	to taste
★ Coriander (for garnishing)	
★ Olive oil	10 g

HEALTHY COOKING TIPS

The same recipe can be made with proso millet, oats and rice.



METHOD

- ★ Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- ★ Remove the stems from the mushrooms and set them aside. Place the mushroom caps on the prepared baking sheet.
- ★ In a skillet, heat olive oil over medium heat. Add the chopped mushroom stems, onions, bell peppers and minced garlic. Sauté until the vegetables are tender.
- ★ In a mixing bowl, combine the cooked browntop millet, sautéed vegetables, grated parmesan cheese, bread crumbs, salt and pepper. Mix well.
- ★ Spoon the millet mixture into each mushroom cap, filling them generously.
- ★ Place the stuffed mushrooms in the preheated oven and bake for about 15-20 minutes or until the mushrooms are cooked and the filling is golden.
- ★ Remove from the oven and let them cool slightly before serving.
- ★ Garnish with coriander if desired and serve the browntop millet stuffed mushroom as a flavorful and healthy appetizer.



Nutritional value per serving

122 kcal

Energy

24.5 g

Carbohydrates

3 g

Protein

2.5 g

Fats



BROWNTOP MILLET KHEER

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Moderate	Defence base, Galley, high altitude	Fiber, Iron

INGREDIENTS

★ Browntop Flour	60 g
★ Milk	150 ml
★ Sugar	15 g
★ Almonds	10 g
★ Cardamom Powder	as per taste

HEALTHY COOKING TIPS

Same recipe can be made in rice, pro so, nachni, bajra and oats.



METHOD

- ★ Take browntop flour, dry roast it and let it cool.
- ★ To the flour, add hot boiling milk and water, stir, mix and let it cook.
- ★ After cooking add sugar and cardamom powder.
- ★ Cover and let it cook again.
- ★ Serve with chopped almonds and dry fruits.



SORGHUM MILLET RECIPES



Nutritional value per serving

47 kcal

Energy

8.9 g

Carbohydrates

1.3 g

Protein

0.3 g

Fats



JOWAR BARLEY SATTU DRINK

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Moderate	Defence base, Galley, desert, forest	Fiber, Iron

INGREDIENTS

- ★ Sattu (Roasted Jowar) 30 g
- ★ Barley Powder 30 g
- ★ Black pepper powder 5 g
- ★ Amchur powder 5 g
- ★ Mint leaves 4-5
- ★ Lemon juice 5 g
- ★ Water 300 ml

HEALTHY COOKING TIPS

The same recipe can be made in rice, proso, jowar, nachni, bajra and oats.



METHOD

- ★ Take a pan & slightly roast jowar & barley flour.
- ★ Mix Sattu, black pepper powder, amchur powder, in a water mix well.
- ★ Add lemon juice and tear mint leaves and decorate mix well and serve it.



Nutritional value per serving

438 kcal

Energy

66.5 g

Carbohydrates

11.6 g

Protein

18.5 g

Fats



JOWAR PANCAKES

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Breakfast, snack, dessert	easy	1	Fiber, Beta carotene, Iron

INGREDIENTS

★ Jowar Flour	150 g
★ Oats Powder	100 Cup
★ Milk	50 ml
★ Water	300 ml
★ Oil/ butter	15 g
★ Vanilla Extract	few drops
★ Salt	to taste
★ Baking Powder	2.5 g

METHOD

- ★ Mix well with jowar and oats flours. Add water and low-fat milk and salt and make a smooth batter without any lumps. Add Vanilla extract and baking powder.
- ★ Heat a nonstick pan and pour a ladle of batter and spread. Cook the pancake with Coconut oil or Ghee on medium heat.
- ★ Once done, flip and cook the other side.
- ★ Cook the pancake on both sides until golden brown.
- ★ Serve hot with little honey/whipped cream/chocolate sauce/berries fruits of your choice.



Nutritional value per serving

564 kcal

Energy

62.3 g

Carbohydrates

13.2 g

Protein

25 g

Fats



JOWAR HALWA

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Moderate	Defence base, Galley, Forest, desert, High altitude	Fiber, Iron

INGREDIENTS

★ Jowar flour	120 g
★ Ghee	10 g
★ Cashew nuts	6-8
★ Raisins	5
★ Milk	150 ml
★ Jaggery	100 g
★ Cardamom	3-4

For Garnish

★ Finely chopped almonds	15 g
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HEALTHY COOKING TIPS

The same recipe can be made with wheat, bajra, amaranth and ragi.



METHOD

- ★ Heat ghee in a pan, fry cashews and raisins and keep it aside.
- ★ In the same pan add jowar flour and stir well until the flour gets cooked in the ghee and gets a nice aroma.
- ★ Cook the flour for about 5-6 minutes on a very slow flame and switch off the flame.
- ★ To the cooked flour, add milk gradually, stirring constantly into a smooth paste without any lumps.
- ★ Place the pan on the stove add grated jaggery and stir continuously till the jaggery melts.
- ★ Keep cooking, add ghee if needed and stir continuously until the mixture becomes a thick mass and the ghee is released from the sides.
- ★ Add cardamom powder and mix well, switch off the stove.
- ★ Garnish with fried nuts and chopped almonds and serve the halwa.



Nutritional value per serving

599
kcal

Energy

79.6
g

Carbohydrates

14.4
g

Protein

22.9
g

Fats



DATES AND COCONUT MODAK WITH JOWAR FLOUR

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
dessert, sweet dish	medium	1	Fiber, Beta carotene, Iron

INGREDIENTS

★ Jowar Flour	220 g
★ Grated Fresh Coconut	150 g
★ Dates	150 g (chopped)
★ White Sesame Seeds	30 g
★ Ghee	5 g
★ Salt	a pinch

METHOD

- ★ Dry roast the sesame seeds on a medium flame and continue this until they turn light brown. Now allow them to cool and grind to a fine powder.
- ★ Grind the chopped dates till they form a paste. Add the paste, ground sesame seeds, & grated fresh coconut in a bowl and mix them well. Roll the mixture into small round balls and keep them aside.
- ★ Add the flour and salt to a wide bowl. Add boiling water in batches to the flour. Mix it well with a spatula and make a soft dough.
- ★ Allow the dough to cool for 3-5 minutes before kneading it well and ensure that the dough is soft & smooth.
- ★ Use a little ghee to grease your palms. Then, flatten a ball of rice flour dough.
- ★ Place a ball of the date mixture in the middle and cover it from all sides to shape it into a ball.
- ★ Steam cook this mixture in greased idli plates for 10-15 minutes.
- ★ Serve and enjoy!



PEARL MILLET RECIPES



Nutritional value per serving

150
kcal

Energy

65
g

Carbohydrates

4.2
g

Protein

3.5
g

Fats



PEARL MILLET DRINK

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Cold and high altitudes	vitamin B12, iron, fiber

INGREDIENTS

★ Bajra (pearl millet)	200 g
★ Water	300 ml
★ Jaggery	20 g
★ Cardamom powder	5 g
★ Ghee	5 g

METHOD

- ★ Soak the bajra in water for about 6 hours.
- ★ Strain the soaked bajra through a sieve.
- ★ Put the strained bajra in a blender and blend until it forms a smooth paste.
- ★ Pour the blended bajra paste into a pot and add the water.
- ★ Bring the mixture to a boil on medium heat.
- ★ Once the mixture starts to boil, reduce the heat and simmer for 10 minutes.
- ★ Add the jaggery, cardamom powder and ghee and stir until all the ingredients are well blended.
- ★ Simmer for another 5 minutes.
- ★ Remove from heat and strain the mixture through a sieve.
- ★ Serve the bajra drink hot or cold. Enjoy!



Nutritional value per serving

149 kcal

Energy

13.9 g

Carbohydrates

3.3 g

Protein

8.6 g

Fats



BAJRA MATHRI

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Breakfast, snacks	Medium	2	Fiber, Beta carotene, Iron

INGREDIENTS

- ★ Bajra flour 25 g
- ★ Wholewheat flour 10 g
- ★ Besan 15 g
- ★ Fat 10 g
- ★ Water 30 ml
- ★ Ajwain 3 g
- ★ Oil (for frying)
- ★ Salt to taste

METHOD

- ★ Sift the flour and salt.
- ★ Rub in the fat.
- ★ Knead a stiff dough using warm water.
- ★ Make small balls and roll them into a round.
- ★ Deep fry in oil on low heat till golden brown.



Nutritional value per serving

335 kcal

Energy

50.4 g

Carbohydrates

8.6 g

Protein

7.8 g

Fats



MIXED GRAIN POORI

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Breakfast, Lunch	easy	1	Fiber, Beta carotene, Iron

INGREDIENTS

★ Whole wheat flour	40 g
★ Bajra	40 g
★ Ghee	2 g
★ Water	35 ml
★ Oil (for frying)	

METHOD

- ★ Sift the flour and rub in the melted ghee.
- ★ Knead the flour with water to make a stiff dough.
- ★ Divide the dough into 4 equal portions and roll into balls.
- ★ Roll the balls using a little oil.
- ★ Drop the rolled dough gently into the hot oil.
- ★ Fry till golden brown.

HEALTHY COOKING TIPS

- ★ The poori can be made using Besan or soybean flour or any millet flour.
- ★ One may add any green leafy vegetable like spinach, amaranth leaves, methi and bathua or vegetables like carrot and beetroot while kneading the dough.
- ★ The poori may be stuffed with urad dal, sprouts, or peas.





Nutritional value per serving

443 kcal

Energy

43.2 g

Carbohydrates

14.8 g

Protein

22.8 g

Fats



NUTRITIOUS NAMAKPARAS

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Breakfast, Snacks	Medium	2	Fiber, Beta carotene, Iron

INGREDIENTS

- ★ Whole wheat flour 60 g
- ★ Bajra flour 40 g
- ★ Besan 40 g
- ★ Roasted groundnuts 30 g
- ★ Sesame seeds 20 g
- ★ Ajwain 3 g
- ★ Oil 10 g
- ★ Oil (for deep frying)
- ★ Salt to taste

METHOD

- ★ Roast the groundnuts, remove their skin and grind them.
- ★ Mix the whole wheat flour, bajra flour, besan, spices and oil.
- ★ Make a stiff dough using water.
- ★ Roll the dough keeping it slightly thick.
- ★ Cut into diamond shapes or rectangular pieces with a knife.
- ★ Deep fry in oil.



Nutritional value per serving

200
kcal

Energy

75.3
g

Carbohydrates

5.5
g

Protein

3.2
g

Fats



BAJRA BITES

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, Forest, High altitude, desert	vitamin B12, iron, fiber

INGREDIENTS

★ Bajra flour	300 g
★ Cumin seeds	5 g
★ Ajwain seeds	5 g
★ Coriander seeds	5 g
★ Red chili powder	5 g
★ Turmeric powder	5 g
★ Garam masala	5 g
★ Salt to taste	
★ Oil	25 g
★ Water	as needed
★ Oil (for deep frying)	

METHOD

- ★ Mix the bajra flour, cumin seeds, ajwain seeds, coriander seeds, red chili powder, turmeric powder and garam masala in a large bowl.
- ★ Add salt to taste and mix it all.
- ★ Add the oil and mix it in well.
- ★ Slowly add water and knead it into a soft dough.
- ★ Cover the dough with a damp cloth and let it rest for at least 30 minutes.
- ★ After the dough has rested, divide it into small balls and roll it into thin discs.
- ★ Heat oil in a deep-frying pan and drop in the discs individually.
- ★ Fry them until golden brown on both sides.
- ★ Remove the bajra bites from the oil and place them on paper towels to absorb the excess oil.
- ★ Serve them hot with chutney or ketchup. Enjoy!



Nutritional value per serving

300 kcal

Energy

82 g

Carbohydrates

3.5 g

Protein

2.5 g

Fats



BAJRA CURRY

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Moderate	Cold and high altitudes	iron, protein and fiber.

INGREDIENTS

★ Bajra (pearl millet)	280 g
★ Oil	15 g
★ Onion (finely chopped)	1
★ Cloves garlic (minced)	2
★ Green chilies (sliced)	2
★ Ground turmeric	5 g
★ Cumin seeds	5 g
★ Coriander seeds	5 g
★ Garam masala	5 g
★ Frozen peas	100 g
★ Water	200 ml
★ Salt	to taste

HEALTHY COOKING TIPS

- ★ Pumpkin is a good substitute for carrot as it contains carotene and lycopene.
- ★ Wash the carrots well and use with skin.
- ★ Cooking carrots enhance the lycopene content and increase Vitamin A availability.



METHOD

- ★ Heat oil in a large pot or deep skillet over medium-high heat. Add the onion, garlic and green chilies and sauté until the onion is lightly browned.
- ★ Add the ground turmeric, cumin, coriander and garam masala and stir to combine.
- ★ Add the bajra and peas and stir to combine.
- ★ Pour in the water and bring to a boil. Reduce heat to low, cover and simmer for 20-25 minutes, or until the bajra is cooked through.
- ★ Taste and adjust seasoning with salt, if desired. Serve hot.



Nutritional value per serving

242 kcal

Energy

36.8 g

Carbohydrates

6.8 g

Protein

7.2 g

Fats



BAJRA LADDOO

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Breakfast, Lunch	Easy	2	Fiber, Beta carotene, Iron

INGREDIENTS

- ★ Bajra flour 30 g
- ★ Whole wheat flour 20 g
- ★ Besan 25 g
- ★ Groundnut 10 g
- ★ Sesame 5 g
- ★ Jaggery 30 g
- ★ Oil/ghee 5 g

METHOD

- ★ Fry the bajra flour, whole wheat flour and besan in hot ghee in a karahi.
- ★ Roast the groundnuts and sesame seeds separately.
- ★ Make one thread of sugar syrup using water.
- ★ Mix all the ingredients and form into small balls while still hot.



Nutritional value per serving

250 kcal

Energy

80 g

Carbohydrates

3.8 g

Protein

2.5 g

Fats



BAJRA KHEER

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Cold, forest terrain and high altitudes	iron, protein and fiber.

INGREDIENTS

★ Bajra/ pearl millet	200 g
★ Almonds	8-10
★ Cashew nuts	8-10
★ Raisins	50 g
★ Ghee	20 g
★ Full-fat milk	500
★ Sugar	30 g
★ Cardamom powder	5 g
★ Rose water	5 g

METHOD

- ★ Soak the bajra in water for 4-5 hours.
- ★ Heat the ghee in a kadhai and add the almonds and cashew nuts. Fry them until golden brown and set aside.
- ★ Now add the soaked bajra and fry it until golden brown.
- ★ Add the milk, sugar and cardamom powder and mix well. Bring the mixture to a boil, stirring continuously.
- ★ Reduce the heat and simmer for 20-25 minutes, stirring occasionally, until the bajra is cooked and the kheer has thickened.
- ★ Add the fried nuts and raisins and simmer for another 5 minutes.
- ★ Remove the kheer from heat and garnish with rose water. Serve hot or cold.



FOXTAIL MILLET RECIPES



Nutritional value per serving

152 kcal

Energy

23.7 g

Carbohydrates

3.9 g

Protein

2.1 g

Fats



FOXTAIL VEGETABLE SOUP

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Moderate	Defence base, galley, forest, desert.	iron, protein and fiber.

INGREDIENTS

- ★ Oil 5 g
- ★ Carrots 25 g
- ★ Foxtail 1 cup
- ★ Dried basil 5 g
- ★ Oregano 5 g
- ★ Black pepper 5 g
- ★ Vegetable broth 200 ml
- ★ Cabbage 25 g
- ★ Galka 25 g
- ★ French beans 25 g
- ★ Sweet corn 25 g
- ★ Peas 25 g
- ★ Lemon ½
- ★ Ginger paste ½ tsp
- ★ Coriander (for garnishing)
- ★ Salt ¼ tsp
- ★ Chickpeas 5 g

HEALTHY COOKING TIPS

- ★ Pumpkin is a good substitute for carrot as it contains carotene and lycopene.
- ★ Wash the carrots well and use with skin
- ★ Cooking carrots enhance the lycopene content and increase Vitamin A availability.



METHOD

- ★ Peel and dice the carrots, chop cabbage and Galka into cubes.
- ★ Heat oil in a vessel, add the ginger paste and sauté for a min, add the carrots, cabbage, Foxtail, basil, oregano, pepper and vegetable broth.
- ★ Bring the broth up to a boil. Once boiled, reduce the flame and stir occasionally, for 30 minutes.
- ★ After the soup has simmered and the Foxtail is mostly tender, add the chickpeas and continue to simmer until the chickpeas turn soft.
- ★ Once the chickpeas are tender, add the French beans, sweet corn, Galka and peas. Stir continuously.
- ★ Add the lemon juice to the soup and stir, add the salt. Serve hot, with freshly chopped coriander on top as a garnish.



Nutritional value per serving

130 kcal

Energy

13.5 g

Carbohydrates

3.5 g

Protein

3.5 g

Fats



MILLET BEAN SALAD

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, Galley, forest, desert.	vitamin B12, iron, fiber

INGREDIENTS

★ Foxtail millet	100 g
★ Cooked red kidney beans	100 g
★ Sprouts	50 g
★ Tomato	1 no.
★ Cucumber	1 small
★ Carrot	½
★ Capsicum	½
★ Olive oil	15 g
★ Lemon juice	10 ml
★ Salt	to taste
★ Pepper	to taste
★ Water	½ cup
★ Coriander (Finely chopped)	
★ Mint leaves	few

HEALTHY COOKING TIPS

A lip-smacking soup with the goodness of pulsating vegetables, chickpeas and foxtail.



METHOD

- ★ Wash and soak the millet for 30 minutes. Drain the millet and pressure cook it with 1/2 cup water. Once done, allow it to cool to room temperature.
- ★ Finely chop the tomatoes, cucumber, carrot and capsicum and add to the millet.
- ★ Add the boiled red kidney beans and the sprouts to the millet.
- ★ Chop the coriander and mint leaves and add to the millet.
- ★ In a small bowl, mix olive oil, lime juice, salt and pepper the millet, until completely blended.
- ★ Pour the dressing over the millet and vegetable mixture and mix well.
- ★ Serve at room temperature or chilled.



NOURISHING HYDRATORS RECIPES



Nutritional value per serving

49 kcal

Energy

10.6 g

Carbohydrates

0.7 g

Protein

0.5 g

Fats



BARLEY WATER

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	defence base, desert region	Calcium, potassium, magnesium, vitamin A

INGREDIENTS

- ★ Barley 30 g
- ★ Lemon juice 20 g
- ★ Honey 10 g
- ★ Water 300 ml

HEALTHY COOKING TIPS
Can use rice as an alternative to barley.



METHOD

- ★ Rinse the barley under cold water.
- ★ Put the barley in the pan, along with the lemon and el, 2 and cups of water.
- ★ Bring the mixture to a boil.
- ★ Turn down the heat and simmer for a while.
- ★ Strain the mixture and add the honey, stir continuously till the honey gets dissolved.
- ★ Refrigerate the mixture and drink when chilled.



Nutritional value per serving

150 kcal

Energy

45 g

Carbohydrates

2.5 g

Protein

0.5 g

Fats



CUCUMBER MINT COOLER

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	defence base, desert region	vitamin B12, iron, fiber

INGREDIENTS

- ★ Cucumber 1
- ★ Mint leaves 4-5
- ★ Honey 15 g
- ★ Lime juice 1/4 cup
- ★ Ice

METHOD

- ★ Slice the cucumber into thin rounds and place in a pitcher.
- ★ Add the mint leaves.
- ★ Pour in the honey, lime juice and stir gently to combine.
- ★ Add a handful of ice, stir again and pour into glasses.
- ★ Garnish with cucumber slices and a mint leaf, if desired and serve.



Nutritional value per serving

112 kcal

Energy

7.8 g

Carbohydrates

1.1 g

Protein

8.7 g

Fats



SOLKADHI

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, galley, desert, forest	Good Fats, Vitamin C, Fiber.

INGREDIENTS

- ★ Coconut 100 g
- ★ Dried Kokam 6-8 pieces
- ★ Ginger 5 g
- ★ Green Chilli 1
- ★ Salt 3 g
- ★ Corriander 5 g

METHOD

- ★ Soak dried kokum in one cup of water for 1hours. Mash the kokum, squeeze the kokam pulp properly and then discard the pulp.
- ★ Take grated coconut in mixer add ginger piece,green chilli also add one cup of water and grind it to smooth paste.
- ★ Strain the smooth paste with the help of muslin cloth or strainer to get thick coconut milk.
- ★ Then again in mixer take the remaining coconut pulp and grind it. Again with the help of muslin cloth or strainer strain the pulp to get thin coconut milk.
- ★ Add thick and thin coconut milk and dried kokum water in a vessel.
- ★ Mix it well and add salt as per needed once again mix well.
- ★ Garnish with coriander.

HEALTHY COOKING TIPS

- ★ Do not over soaked the dried kokum in the water as it will make the kokum pulp dilute and alter the taste.
- ★ Ginger is great for sea and motion sickness and nausea. It is used in detox drinks, raita,dal and vegetables
- ★ Do not add too much water to dilute coconut milk as it will change the taste.





Nutritional value per serving

113 kcal

Energy

24.3 g

Carbohydrates

0.8 g

Protein

0.6 g

Fats



AAM-PANNA

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Moderate	Defence base, galley, desert, forest	Vitamin A, C, Fiber

INGREDIENTS

- ★ Raw Mangoes 2 medium size
- ★ Jaggery 10 g
- ★ Salt ¼ tsp
- ★ Mint leaves 4-5
- ★ Cumin powder 5 g
- ★ Water as required

METHOD

- ★ Peel the raw mangoes and chop it in small pieces and pressure cook it in water till it is soft then cool it and blend it completely by adding jaggery, salt and water. Transfer this puree into a bottle.
- ★ From the puree take a small portion of it in a glass add cumin powder, mint leaves and serve it.

HEALTHY COOKING TIPS

- ★ Raw mangoes are used to prepare chutneys and pickles or it can be added into dals or pulavs.
- ★ Always measure salt using level spoons do not heap spoons.
- ★ Homemakers can use small spoons for measuring to consciously reduce the quantity of salt consumed daily.
- ★ Kokum, tamarind, amchur powder, buttermilk, lime can be used as salt replacers.





Nutritional value per serving

19
kcal

Energy

1.0
g

Carbohydrates

1.1
g

Protein

1.2
g

Fats



BAEL SHARBAT

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, galley, desert	Vitamin C, Beta-carotene, Folate

INGREDIENTS

★ Bael fruit	2 small
★ Jaggery	10 g
★ Cardamom powder	2 g
★ Cumin powder	2 g
★ Cinnamon powder	2 g
★ Amchur powder	2 pinch

METHOD

- ★ Take the pulp portion of the fruit by breaking it and add in 1 cup water and keep aside for 10mins and mash the pulp and then strain the juice out of it with the help of strainer add around 1 cup of water while straining.
- ★ Stir the juice and add jaggery then add cardamom, cumin, cinnamon and black salt mix well and serve it.

HEALTHY COOKING TIPS

- ★ The fruit covering is hard so it should be cracked properly. The outer pulp is removed properly, cleaned and then the fruit is eaten raw. It is used in chutney or made jelly, jam, or a refreshing drink from it consumed especially during summer.
- ★ Cumin seeds must be store in a cool place helps retain the essential oils in it.
- ★ Heating and grinding the spices activates the essential oils thus beneficial.
- ★ Spices are ground before cooking and are generally done in bulks but grinding as per required, in limited quantity helps maximize the availability of essential oils that may evaporate on prolonged storage.
- ★ Powdered jaggery can be used instead of a whole. If drinks are a little sweet in taste can avoid adding jaggery in it.





Nutritional value per serving

165 kcal

Energy

6.1 g

Carbohydrates

6.2 g

Protein

12.7 g

Fats



PEANUT AMTI

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, desert, high altitude	Vitamins, B- Carotene, Fibers

INGREDIENTS

★ Peanuts	100 g
★ Cinnamon	½ inch
★ Cloves	2
★ Powdered Jaggery	10 g
★ Kokum	2 to 3
★ Water	300 ml
★ Cumin	5 g
★ Ghee	5 g
★ Salt	3 g
★ Coriander leaves	as required

HEALTHY COOKING TIPS

- ★ If you do not have kokum you can use tamarind paste as an alternative it has antibacterial properties and anti-inflammatory.
- ★ Some people may be allergic to peanuts so as a substitute you can use Tur dal as it is a source of Zinc and Potassium and provides energy and stabilize blood sugar and blood pressure. It has dietary fiber which helps prevent constipation



METHOD

- ★ Dry roast the peanuts in a pan on a low flame. Don't burn them.
- ★ Remove and let the peanuts cool down.
- ★ Then rub the peanuts between your palms and remove the skin.
- ★ Take the peanuts and grind them into a coarse powder.
- ★ Then add cinnamon, cloves and ½ cup water in the same jar.
- ★ Grind the peanuts along with the rest of the ingredients to a smooth paste.
- ★ Heat ghee in a pan and cumin seeds till it splutters then add the peanut paste followed by half cup of water.
- ★ Stir well and then add kokum, salt, Jaggery.
- ★ On the low flame simmer the peanut curry for 7 to 8 minutes with stirring at intervals.
- ★ If the curry thickens then thin it slightly by adding water.
- ★ Garnish with coriander leaves and serve hot peanut amti with rice.



Nutritional value per serving

184 kcal

Energy

20.2 g

Carbohydrates

4.5 g

Protein

9.9 g

Fats



SINGADA KOKUM AMTI

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, galley, desert, forest	Sodium, Potassium, Beta- Carotene, Calcium, Magnesium

INGREDIENTS

- ★ Singhada (water chestnut) 100g (boiled and peeled)
- ★ Peanuts 50 g
- ★ Kokum rinds 4-5
- ★ Curry leaves 1 sprig
- ★ Coriander leaves 1-2 sprigs
- ★ Cumin seeds 3 g
- ★ Pepper 3 g
- ★ Jaggery 10 g
- ★ Salt 3 g
- ★ Ghee 5 g

HEALTHY COOKING TIPS

- ★ Tamarind pulp, amchur and date powders to be used for the sweet and sour effect in absence of kokum.
- ★ Use flower extracts of hibiscus, lavender and primrose to impart color to the amti.
- ★ Sprouted peanuts or boiled peanuts can be used.



METHOD

- ★ Roast the boiled singhadas (water chestnuts) and peanuts separately in a pan. Put them into a blender and blend coarsely with very little water and salt.
- ★ Heat ghee in a pot and add pepper, cumin seeds, curry leaves and the ground paste and mix.
- ★ Now add jaggery and kokum with ¼ cup of water and cook for 15 minutes. Garnish with chopped coriander leaves and serve with roti or rice.



Nutritional value per serving

29 kcal

Energy

2.8 g

Carbohydrates

1.2 g

Protein

1.6 g

Fats



MASALA MILK

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Moderate	Defence base, galley, desert, forest	Iron, Calcium, Fiber, Protein, Potassium

INGREDIENTS

- ★ Cow's Milk 150 ml
- ★ Cardamom powder 1
- ★ Cinnamon powder 3 g
- ★ Fennel seeds 3 g
- ★ Nutmeg powder 3 g
- ★ Pistachio & Almond 6-7
- ★ Saffron 1 pinch

HEALTHY COOKING TIPS

Cardamom helps digestion and helps reduce flatulence and with its anti-microbial properties works well as a mukhwas. The addition of cardamom to sweets and tea helps reduce the requirement of sugar by enhancing the taste.



METHOD

- ★ Take milk in a pot. Add nutmeg powder, cardamom powder, cinnamon powder, fennel seeds and mix and boil well for 10 minutes.
- ★ On the top add pistachio or almond slices and saffron and serve it.





Nutritional value per serving

225 kcal

Energy

7.3 g

Carbohydrates

7.1 g

Protein

20.2 g

Fats



BADAM KA DOODH

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, galley, desert, high altitude	Calcium, vitamins, minerals, amino acids and vitamin D.

INGREDIENTS

★ Milk	200 ml
★ Almond (soaked)	10 g
★ Dates	30 g
★ Pistachio	10 g
★ Cardamom	1-2
★ Water	500 ml

HEALTHY COOKING TIPS

Use jaggery instead of dates.



METHOD

- ★ Take almonds in a bowl with water and soak them in water overnight.
- ★ Once they are soaked and soft remove the water.
- ★ In a blender add Milk almonds, dates, pistachio and cardamom with water and blend them for 2-3 minutes.
- ★ Once the mixture is ready serve hot on a winter night.



Nutritional value per serving

113 kcal

Energy

24.3 g

Carbohydrates

0.8 g

Protein

0.6 g

Fats



JACKFRUIT SEEDS MILKSHAKE

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Moderate	Defence base, desert, forest	Potassium, Vitamin C, Iron, Carotenoids, Magnesium and Dietary Fiber

INGREDIENTS

★ Jackfruit seeds (Guthlya)	15
★ Dates	2
★ Milk	200 ml
★ Cardamom powder	5 g
★ Pista	3
★ Cinnamon powder	5 g
★ Jackfruit pieces (optional)	25 g

HEALTHY COOKING TIPS

- ★ Avoid if prone to flatulence.



METHOD

- ★ Pressure cook Jackfruit seeds and peel off their cover.
- ★ After peeling off, check if they are soft enough and add them in a mixer along with dates.
- ★ Make a thick paste and add 1 cup milk and cardamom powder and blenderize them again.
- ★ Smoothie is ready to serve.
- ★ Add pista pieces and cinnamon powder as garnishing.
- ★ Add small minced jackfruit pieces for thick consistency if you want.



Nutritional value per serving

150 kcal

Energy

13.1 g

Carbohydrates

5.5 g

Protein

8.2 g

Fats



FIG AND APRICOT SHAKE

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, high altitude, forest	Calcium, fiber, Vitamin A, protein

INGREDIENTS

★ Dried apricots	4 nos.
★ Dried figs	5 slices
★ Milk	280 ml
★ Sugar	5 g
★ Almonds (for garnishing)	
★ Ice Cubes	10 nos.

METHOD

- ★ To make fig and apricot shake, soak the figs and apricots in 1/4 cup of warm milk for at least 1/2 hour.
- ★ Combine the soaked figs and apricots (with the milk), the remaining 1 cup of milk, ice-cubes and sugar and blend in a mixer till smooth and frothy.
- ★ Pour equal quantities of the shake into 2 individual glasses.
- ★ Serve the fig and apricot shake immediately garnished with almonds.

HEALTHY COOKING TIPS

- ★ You can avoid the sugar completely, as both dried figs and apricots are sweet in nature.
- ★ You can substitute milk with unsweetened almond milk to go slightly healthier.
- ★ Figs and apricots take a little more time to blend





Nutritional value per serving

69 kcal

Energy

4.2 g

Carbohydrates

3.8 g

Protein

4.2 g

Fats



GREEN MINTY CHASS

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, galley, desert	Vitamin A, Beta-carotene, Calcium, Potassium, Magnesium, Sodium, Protein

INGREDIENTS

- ★ Mint leaves 20 g
- ★ Ginger 10 g
- ★ Curd 200 g
- ★ Roasted jeera powder 5 g
- ★ Black Salt ¼ tsp

METHOD

- ★ Wash mint leaves, grate ginger and transfer it to a grinder add jeera and grind it till smooth paste.
- ★ In a bowl put the paste, curd and black salt and whisk it again till smooth paste and dilute with water and serve it.

HEALTHY COOKING TIPS

- ★ Mint gives a cooling effect and aids in digestion relieve nausea. Also, it is used in making different detoxifying juices, Salads and can be used in the different recipes as it is a versatile vegetable.
- ★ Ginger is great for sea and motion sickness and nausea. It is used in detox.





Nutritional value per serving

19 kcal

Energy

1.0 g

Carbohydrates

1.1 g

Protein

1.2 g

Fats



NEER MOR

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, galley, desert	Calcium, Fiber, Vitamin A, C

INGREDIENTS

- ★ Curd
- ★ Water 200 g
- ★ Ginger (chopped) 5 g
- ★ Curry leaves 6-7
- ★ Coriander leaves 20 g
- ★ Amchur powder 5 g
- ★ Salt ¼ tsp

METHOD

- ★ Take curd in a big bowl put ginger, curry leaves, salt, amchur powder and blend it till creamy.
- ★ Add water and garnish with finely chopped coriander leaves and serve it.

HEALTHY COOKING TIPS

- ★ It is a versatile vegetable and a great flavoring agent. It contains a good amount of fiber and anti-diabetic properties. Many people discard eat the curry leaf from dals and vegetables. Dry roast on a tava and powder the curry leaves and add up in the recipe.
- ★ Aamchur powder can be prepared using dried raw mango and this powder can be used instead of chaat masala as a low salt alternative.





PROTEIN POWER RECIPES



Nutritional value per serving

236
kcal

Energy

18.2
g

Carbohydrates

13.1
g

Protein

13.9
g

Fats



SOYBEAN PALAK TIKKI

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
snack, breakfast	easy	2	Fiber, Beta carotene, Iron

INGREDIENTS

★ Soyabean	50 g
★ Potato	50 g
★ Spinach	30 g
★ Carrot	20 g
★ Bread slice	1
★ Salt	to taste
★ Red chili powder	2 pinch
★ Oil (for frying)	

METHOD

- ★ Pick, wash and soak soybean overnight and pressure cook for about 15 mins.
- ★ Wash and chop spinach.
- ★ Boil potatoes and carrot
- ★ Mash-boiled soybean and potatoes. Add chopped spinach and carrot. Mix the mixture. Add soaked and squeezed bread slices.
- ★ Add the spice and mix well. Divide the mixture into 4 equal parts.
- ★ Heat oil on the tawa and fry the tikki on low flame till golden brown.



Nutritional value per serving

75
kcal

Energy

13
g

Carbohydrates

3.3
g

Protein

3
g

Fats



RAJMAH AND SHEPU TIKKI

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Lunch, snacks	Medium	2	Fiber, Beta carotene, Iron

INGREDIENTS

★ Rajmah	60 g
★ Shepu/Dill leaves	100 g
★ Potatoes	100 g
★ Bread	4 slices
★ Ginger	2-inch piece
★ Ajwain	5 g
★ Green chilies	2
★ Red chili Powder	5 g
★ Jeera powder	5 g
★ Lemon	to taste

METHOD

Pre-preparation:

- ★ Soak the rajma overnight and pressure cook it till completely soft using minimal water.
- ★ Boil the potatoes, peel, mash and keep aside.
- ★ Dry grind the bread slices in a mixer and keep them aside.
- ★ Clean, wash the shepu leaves, drain and chop finely.
- ★ Grate the ginger, chop the green chilies fine.
- ★ Mix all the ingredients in a large mixing bowl, add the spices, salt and lemon to taste.
- ★ Mash all the ingredients and mix them well.

Preparation:

- ★ Divide the mix into 6 equal parts and shape it into an oval tikki.
- ★ Shallow fry in a pan using oil.
- ★ Seve with coriander mint chutney.



Nutritional value per serving

105
kcal

Energy

13
g

Carbohydrates

2.5
g

Protein

4
g

Fats



DAL PALAK

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Lunch, dinner	Easy	2	Fiber, Beta carotene, Iron

INGREDIENTS

- ★ Chana dal 120 g
- ★ Palak 100 g
- ★ Oil 15 ml
- ★ Jeera 5 g
- ★ Turmeric powder 5 g
- ★ Salt to taste
- ★ Chopped onions, amchur powder and red chili powder (for garnishing)

METHOD

Pre preparation:

- ★ Clean the spinach and finely chop it.
- ★ Soak the chana dal for 40 minutes.

Preparation:

- ★ Pressure cook the dal with salt and turmeric powder. It has to be cooked but not overly soft.
- ★ Add chopped spinach into the dal and roughly mix it with a ladle.
- ★ Adjust the water and bring it to a simmer for five minutes. The chana dal should not get mashed and should have a bite to it.
- ★ Temper with jeera.
- ★ Garnish with red chili powder, amchur powder and finely cut onions.
- ★ Serve with boiled rice or rotis.



Nutritional value per serving

104 kcal

Energy

15 g

Carbohydrates

2.5 g

Protein

6 g

Fats



CHOLE PANEER BREAD PAKODA

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Lunch, snacks	easy	2	Fiber, Beta carotene, Iron

INGREDIENTS

- ★ Chole 30 g
- ★ Paneer 80 g
- ★ Onion 50 g
- ★ Bread slice 6
- ★ Green chutney 15 g
- ★ Besan 45 g
- ★ Turmeric powder 10 g
- ★ Chilli Powder 5 g
- ★ Garam Masala 5 g
- ★ Cinnamon stick 1-inch piece
- ★ Soda bi-carb a pinch
- ★ Salt to taste
- ★ Oil (for Deep Frying)

- ★ Slice the paneer into thin slices
- ★ Make a paste with besan, water, salt, turmeric powder, chili powder, salt and soda bi carb

Preparation:

- ★ On one slice of bread place half of the chole mixture.
- ★ Cover it with the next slice and place half of the paneer on it
- ★ Cover it with another slice of bread with chutney coated on it.
- ★ Press down on the sandwich and dip it in the besan mixture.
- ★ Deep fry it till golden brown
- ★ Cut into triangular pieces and serve hot with chutney.

METHOD

Pre-preparation:

- ★ Soak the chole overnight and cook it soft with minimal water, salt, turmeric powder, finely chopped onions and cinnamon stick
- ★ Evaporate the water and cook the chole dry and mash it



Nutritional value per serving

372 kcal

Energy

35 g

Carbohydrates

15 g

Protein

19 g

Fats



MAKKI KA DHOKLA

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	defence base, desert region	iron, protein and fiber.

INGREDIENTS

★ Corn flour	200 g
★ Cumin seeds	5 g
★ Red chili powder	5 g
★ Coriander powder	5 g
★ Salt	to taste
★ Turmeric	3 g
★ Garam masala	3 g
★ Baking powder	3 g
★ Chopped coriander leaves	30 g
★ Fenugreek leaves	50 g
★ Oil	15 g
★ Water	as required

METHOD

- ★ In a bowl mix all the ingredients and make a dough by using some water.
- ★ Let the dough sit for 20 minutes.
- ★ Make balls out of the dough and make a hole in the center.
- ★ Boil water in a steamer.
- ★ Place the dough balls on the idli maker and cook them for 20 minutes.
- ★ Take the dhoklas out and garnish with chopped onions and coriander



Nutritional value per serving

80
kcal

Energy

5
g

Carbohydrates

4.5
g

Protein

9
g

Fats



PANEER CAPSICUM STIR FRY

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Lunch, Dinner	easy	2	Fiber, Beta carotene, Iron

INGREDIENTS

★ Paneer	100 g
★ Capsicum	250 g
★ Onions	200 g
★ Tomatoes	200 g
★ Garlic	10 cloves
★ Green chilies	4
★ Cashew nuts	20 g
★ Roasted flaxseed	10 g
★ Dates	8
★ Kasuri methi	15 g
★ Oil	15 g
★ Salt	to taste
★ Sugar	5 g
★ Tomato sauce	10 g

METHOD

Pre-preparation:

- ★ Cube the paneer into 1-inch pieces.
- ★ Cube the capsicum and quarter the onions.
- ★ Roughly chop the tomatoes into 1-inch pieces.
- ★ Chop the garlic finely, chop the dates and the cashews.

Preparation:

- ★ In a large kadhai, sauté the chopped garlic and slit green chilies in the oil.
- ★ Add the sliced onions and the cubed capsicum and stir fry till the onions are pink.
- ★ Add the tomatoes, red chili powder and garam masala and fry well for five minutes till tomatoes turn soft.
- ★ Add the dates, the cashew, the tomato sauce and salt to taste and mix well.
- ★ Add in the Kasuri methi and mix well.
- ★ Add paneer cubes and stir well for 5 minutes on slow flame.
- ★ Serve with crisp Khakhras or just as a stand-alone snack.



Nutritional value per serving

90 kcal

Energy

7 g

Carbohydrates

6 g

Protein

11 g

Fats



EGG CURRY

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, high altitude	protein, Calcium, potassium, magnesium, vitamin A

INGREDIENTS

- ★ Hard-boiled eggs (peeled and halved) 4
- ★ Medium-sized onions (finely chopped) 2
- ★ Medium-sized tomatoes (pureed or finely chopped) 2
- ★ Ginger-garlic paste 10 g
- ★ Green chilies (slit lengthwise) 2
- ★ Shah jeera cumin seeds 5 g
- ★ Turmeric 3 g
- ★ Red chili powder (adjust to taste) 3 g
- ★ Coriander powder 5 g
- ★ Garam masala 3 g
- ★ Salt to taste
- ★ Oil 15 ml
- ★ Fresh coriander leaves (for garnishing)

METHOD

- ★ Heat oil in a pan or kadai over medium heat. Add the cumin seeds and let them splutter.
- ★ Add the chopped onions and green chilies to the pan. Sauté until the onions turn golden brown.
- ★ Add the ginger-garlic paste and sauté for a minute until the raw smell disappears.
- ★ Now, add the tomato puree or finely chopped tomatoes to the pan. Cook for a few minutes until the tomatoes are cooked and the mixture thickens.
- ★ Add the turmeric powder, red chili powder, coriander powder and salt. Mix well and cook for another minute.
- ★ Add the halved boiled eggs to the pan, gently stirring them in the sauce to coat them evenly. Be careful not to break the eggs.
- ★ Reduce the heat to low, cover the pan and let the eggs simmer in the sauce for about 5-7 minutes.
- ★ Sprinkle garam masala over the curry and give it a final mix.
- ★ Garnish with fresh coriander leaves.



Nutritional value per serving

220 kcal

Energy

26 g

Carbohydrates

14 g

Protein

6 g

Fats



CHICKEN THUKPA

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, high altitude, forest	Calcium, fiber, Vitamin A, protein

INGREDIENTS

- ★ Skinless chicken thigh 250 g
- ★ Tomatoes 1 medium
- ★ Ginger peeled 1 piece
- ★ Garlic 4 cloves
- ★ Vegetable oil or another neutral oil 20 g
- ★ Cumin seeds 10 g
- ★ Red bell peppers 1 no.
- ★ Carrot 1 large
- ★ Green beans (Coarsely chopped) 200 g
- ★ Green cabbage (Shredded) 150 g
- ★ Thin rice noodles or spaghetti 100 g
- ★ Lemon Juice 10 ml
- ★ Salt to taste
- ★ Sliced scallions and fresh coriander sprigs (for garnishing)

METHOD

- ★ Combine the tomatoes, ginger, garlic, oil and cumin seeds and process until smooth. Transfer the puree to a large, lidded heavy-bottomed pot or Dutch oven set over medium-high heat, add the chicken and cook, stirring occasionally, until aromatic, 3 to 4 minutes. Add the stock, increase the heat to high and bring to a boil.
- ★ Reduce the heat to medium and add the bell

HEALTHY COOKING TIPS

- ★ Load up your thukpa with a variety of vegetables like carrots, bell peppers, bok choy, mushrooms and snow peas. Vegetables not only add flavor and texture but also increase the nutritional value of the dish.
- ★ Instead of using refined wheat noodles, go for whole wheat or whole grain noodles. They contain more fiber, vitamins and minerals, making them a healthier choice.



peppers, carrots, beans and cabbage. Cover the pot halfway and simmer until the vegetables are tender and the chicken is cooked for 20 to 25 minutes.

- ★ Add the noodles and lemon juice and simmer until the noodles are tender, 4 to 6 minutes. Taste the broth and season with salt. Using your spoon or two forks, tear the chicken up into smaller pieces if desired.
- ★ Spoon the thukpa into bowls, garnish with scallions and coriander and serve very hot.



ANTIOXIDANT RICH VEGETABLES & FRUITS RECIPES



Nutritional value per serving

104 kcal

Energy

15 g

Carbohydrates

2.5 g

Protein

6 g

Fats



SWEET SOUR MANGO CURRY

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Lunch, Dinner	easy	2	Fiber, Beta carotene, Iron

INGREDIENTS

★ Ripe mangoes (from two medium mangoes)	200 g
★ Curd	200 g
★ Grated fresh coconut	75 g
★ Jeera	5 g
★ Green chilies	4 nos.
★ Turmeric powder	5 g
★ Mustard seeds	10 g
★ Whole red chilies	4 nos.
★ Curry leaves	few
★ Salt	to taste

METHOD

- ★ Peel the mangoes and cut them into large slices.
- ★ Extract the remaining pulp from the seed and keep it aside.
- ★ Grind the grated coconut, green chilies, curd, jeera, salt and 1 tsp turmeric powder into a smooth paste.
- ★ In a kadhai, add 1 cup water, salt and 1 tsp turmeric powder, add the mango slices and simmer for 5 minutes.
- ★ Add the ground mixture and mango pulp and boil for 10 minutes till thick and creamy. Adjust for salt.
- ★ Temper with mustard seeds, curry leaves and whole red chilies.
- ★ Serve with parboiled rice or rotis.



Nutritional value per serving

210
kcal

Energy

26
g

Carbohydrates

8.5
g

Protein

6.2
g

Fats



SWEET POTATO RAITA

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Lunch, snacks	easy	2	Fiber, Beta carotene, Iron

INGREDIENTS

★ Sweet Potatoes	100 g
★ Curd	200 g
★ Toasted Flax seeds	15
★ Chopped walnuts	15
★ Garlic	8 cloves
★ Pepper powder	3 g
★ Oil	10 g
★ Chopped coriander (for garnishing)	
★ Salt	to taste

METHOD

- ★ Boil the sweet potato, peel and chop into ½ inch pieces
- ★ Beat the curds with salt and pepper powder
- ★ Add the sweet potatoes, toasted flaxseeds and chopped walnuts to it
- ★ Heat the oil and saute the chopped garlic in it and add it to the curds.
- ★ Garnish with chopped coriander leaves



Nutritional value per serving

70
kcal

Energy

12.3
g

Carbohydrates

1.2
g

Protein

1.9
g

Fats



SWEET POTATO AND SESAME CROQUETTES

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	defence base, desert region	vitamin B12, iron, fiber

INGREDIENTS

★ Sweet potatoes (shaker) (boiled, peeled and mashed)	200 g
★ Potatoes (boiled, peeled and mashed)	100 g
★ Plain flour (maida)	15 g
★ Oil	10 g
★ Garlic (finely chopped)	10 g
★ Green chillies (finely chopped)	5 g
★ Coriander (finely chopped)	5 g
★ Roasted desiccated coconut	20 g
★ Soy sauce	5 g
★ Lemon juice	5 g
★ Salt and freshly ground black pepper (kali mirch)	to taste
★ Sesame seeds (til) (for rolling)	
★ Oil (for deep frying)	
★ For serving chilli garlic dip	

METHOD

- ★ Combine the plain flour and 34 cups of water in a deep bowl, mix well and keep aside.
- ★ Heat the oil in a deep non-stick pan, add the garlic and green chillies and sauté on a medium flame for a few seconds. Remove from the flame and keep aside.
- ★ Combine all the ingredients in a deep bowl, including the garlic and green chillies and mix well.
- ★ Divide the mixture into 14 equal portions and shape each portion into a 50 mm. (2") long cylindrical roll.
- ★ Dip each roll into the plain flour-water paste and then roll in the sesame seeds.
- ★ Heat the oil in a deep non-stick kadhai and deep-fry a few croquettes at a time, till they turn golden brown in color from all sides.
- ★ Drain on an absorbent paper and serve immediately with chilli garlic dip



Nutritional value per serving

172
kcal

Energy

30
g

Carbohydrates

2.6
g

Protein

0.9
g

Fats



MULI KI CHURI (GRATED RADISH & TOMATO SALAD)

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	defence base, desert region	vitamin B12, iron, fiber

INGREDIENTS

- ★ Medium sized Mooli (Radish) 1 no.
- ★ Medium sized Tomato 1 no.
- ★ Green chilli 1 no.
- ★ Salt (to taste) 5 g
- ★ Lemon juice 10 ml
- ★ Coriander leaves 20 g

METHOD

- ★ Clean the radish (mooli) thoroughly.
- ★ Next, grate it and transfer the contents to a bowl.
- ★ Add diced tomatoes, finely chopped green chilies and salt to the radish.
- ★ Add a few drops of fresh lemon juice and mix well.
- ★ Top the salad with a few coriander leaves. Serve on the side of any Indian meal.
- ★ Garnish with cucumber slices and a mint leaf, if desired and serve.



Nutritional value per serving

16
kcal

Energy

1.6
g

Carbohydrates

0.7
g

Protein

0.7
g

Fats



STUFFED MUSHROOM WITH SPINACH AUGRATIN

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	defence base, desert region	iron, protein and fiber.

INGREDIENTS

- ★ Fresh mushrooms (kumbh) 10 pcs
- ★ Low fat butter for taste 1/2 tsp
- For spinach filling**
- ★ Chopped spinach (palak) 250 g
- ★ Whole wheat flour (gehun ka atta) 1/2 tbs
- ★ Low-fat milk (99.7% fat-free) 100 ml
- ★ Low-fat butter 5 g
- ★ Chopped onions 50 g
- ★ Finely chopped green chilies 1/2 tsp
- ★ Salt to taste

METHOD

For the spinach filling

- ★ Combine the whole wheat flour and milk in a small bowl, mix well and keep aside.
- ★ Heat the butter in a broad non-stick pan, add the onions and green chilies and sauté on a medium flame for 1 minute or till the onions turn translucent.
- ★ Add the spinach and salt, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
- ★ Add the wheat flour-milk mixture, mix well and cook on a medium flame for another 1 to 2 minutes or till the mixture thickens, while stirring continuously. Keep aside to cool slightly.
- ★ Divide the filling into 20 equal portions and keep aside.

How to proceed

- ★ Remove the stems of the mushrooms and discard them to form a cavity in the mushroom caps.
- ★ Stuff each mushroom cap with a portion of the spinach filling. Keep aside.
- ★ Heat 1/2 tsp of butter on a non-stick tava (griddle) and arrange 10 stuffed mushrooms on it with the stuffed side facing upwards.
- ★ Cover with a lid and cook on a medium flame for 5 to 7 minutes.
- ★ Repeat steps 3 and 4 to cook 10 more spinach-stuffed mushrooms in one more batch.
- ★ Serve immediately.



Nutritional value per serving

113 kcal

Energy

13 g

Carbohydrates

2 g

Protein

5 g

Fats



CABBAGE SABJI

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, high altitude	Calcium, fiber, protein, potassium, magnesium, vitamin A

INGREDIENTS

★ Cabbage	150 g
★ Chopped potatoes	250 g
★ Chopped onion	75 g
★ Chopped tomatoes	75 g
★ Green chili (chopped)	1 to 2 no.
★ ½ inch Ginger + 2 to 3 garlic cloves – crushed to a paste in mortar-pestle or 1 teaspoon ginger garlic paste	
★ Cumin seeds	5 g
★ Turmeric powder	3 g
★ Red chili powder	3 g
★ Coriander Powder	3g
★ Garam Masala	3 g
★ Oil	10 g
★ Salt	to taste
★ Chopped coriander leaves or a few mint leaves for garnish	30 g

METHOD

- ★ Heat oil in a shallow frying pan or kadai. Add cumin seeds and sauté till they splutter and change color.
- ★ Add finely chopped onions.
- ★ Sauté stirring often till the onions turn translucent or a light brown on low to medium-low heat.
- ★ Add ginger-garlic paste. Stir and sauté for some

- seconds or till the raw aroma of ginger-garlic goes away.
- ★ Then add chopped tomatoes and chopped green chili.
- ★ Sauté for 2 minutes.
- ★ Then add turmeric powder, red chili powder, coriander powder and garam masala powder or pav bhaji masala.
- ★ Stir and sauté for two minutes more or till the tomatoes have softened.
- ★ Add the chopped potatoes and shredded cabbage. Stir and mix.
- ★ Season with salt. Stir again.
- ★ Add ½ cup water. Stir and mix very well.
- ★ Cover the pan tightly with its lid and simmer the veggies on a low flame.
- ★ Do check at intervals if the water has dried or not. If all the water has evaporated, then add some water.
- ★ Once the potatoes are cooked well, switch off the heat.
- ★ There should be no water in the dish. If there is any water left, then cook the cabbage sabzi without the lid, till all the water evaporates.
- ★ Garnish with coriander leaves and serve patta gobhi sabzi hot or warm with chapati or paratha or as a side dish.



Nutritional value per serving

260 kcal

Energy

58 g

Carbohydrates

3.3 g

Protein

5 g

Fats



ALOO MATAR

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, high altitude	Calcium, potassium, magnesium, vitamin A

INGREDIENTS

★ Potatoes (peeled and diced)	100 g
★ Green peas (fresh or frozen)	100 g
★ Onion (finely chopped)	50 g
★ Medium-sized tomatoes (pureed or finely chopped)	2
★ Green chillies (slit lengthwise) (optional)	2
★ Ginger-garlic paste	10 g
★ Cumin seeds	5 g
★ Turmeric powder	3 g
★ Red chili powder (adjust to taste)	3 g
★ Coriander powder	3 g
★ Garam masala	3 g
★ Salt	to taste
★ Oil	10 ml
★ Fresh coriander leaves (for garnishing)	

METHOD

- ★ Heat oil in a pan or kadai (Indian wok) over medium heat. Add the cumin seeds and let them splutter.
- ★ Add the chopped onions and green chillies (if using) to the pan. Sauté until the onions turn golden brown.
- ★ Add the ginger-garlic paste and sauté for a minute until the raw smell disappears.
- ★ Now, add the tomato puree or finely chopped tomatoes to the pan. Cook for a few minutes until the tomatoes are cooked and the mixture thickens.
- ★ Add the turmeric powder, red chili powder, coriander powder and salt. Mix well and cook for another minute.
- ★ Add the diced potatoes and green peas to the pan. Mix everything, ensuring that the potatoes and peas are coated with the spice mixture.
- ★ Reduce the heat to low, cover the pan and let the vegetables cook for about 15-20 minutes or until the potatoes are tender, stirring occasionally. If needed, you can add a little water to prevent the vegetables from sticking to the pan.
- ★ Once the potatoes are cooked, sprinkle garam masala over the dish and give it a final mix.
- ★ Garnish with fresh coriander leaves.



Nutritional value per serving

210 kcal

Energy

26 g

Carbohydrates

8.5 g

Protein

6.2 g

Fats



GREEN PEAS AND CORN MASALA

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Lunch, snacks	easy	4	Fiber, Beta carotene, Iron

INGREDIENTS

★ Green peas	50 g
★ Sweetcorn	50 g
★ Onions	100 g
★ Tomatoes	100 g
★ Carrot	50 g
★ Chilli powder	5 g
★ Turmeric powder	5 g
★ Bay leaf	1
★ Jeera	5 g
★ Cinnamon	1-inch stick
★ Garam masala	5 g
★ Ginger garlic paste	15 g
★ Fresh cream	15 g
★ Kasuri methi	15 g
★ Oil	15 g

METHOD

Pre-preparation:

- ★ Steam the green peas and corn for 15 minutes till cooked
- ★ In 2 tsp oil saute roughly chopped onions, tomatoes and carrots till slightly soft. Pressure cook it with minimal water till done with bay leaf and a stick of cinnamon.
- ★ Remove the bay leaf and cinnamon stick and puree the onions, tomatoes and carrots

Preparation:

- ★ Heat 1 tsp oil and add 1 tsp of Jeera to it.
- ★ When it splutters, add the vegetable mixture to it and fry well.
- ★ Add all the spices and kasuri methi and fry well.
- ★ Add the steamed peas and corn to it, add salt, adjust the water for gravy and simmer well.
- ★ Put off the flame and add fresh cream to it.
- ★ Serve hot with phulkas



Nutritional value per serving

61 kcal

Energy

6 g

Carbohydrates

2 g

Protein

3.5 g

Fats



QUINOA PATTY

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Forest Terrain	iron, protein and fiber.

INGREDIENTS

For quinoa patty

★ Quinoa	120 g
★ Olive oil	10 g
★ Garlic (finely chopped)	10 g
★ Onions (finely chopped)	80 g
★ Zucchini (grated)	60 g
★ Carrot (grated)	60 g
★ Egg	1 no.
★ Quick cooking rolled oats	20 g
★ Salt	to taste
★ Olive oil (for greasing and cooling)	10 g

METHOD

- ★ Heat 1% cups of water in a deep non-stick pan, add the quinoa, mix well and cook on a medium flame for 10 to 12 minutes, while stirring occasionally. Transfer it to a deep bowl and keep aside to cool.
- ★ Heat the olive oil in a broad non-stick pan, add the garlic, onions, zucchini and carrots, mix well and cook on a medium flame for 3 minutes, while stirring occasionally. Cool and add to the quinoa mixture.
- ★ Add the eggs, oats, salt and black pepper powder to taste and mix well using your hands.
- ★ Divide the mixture into 8 equal portions.
- ★ Roll all the portions and shape each of them into a 50 mm. (2") diameter flat, patty.
- ★ Heat a non-stick tava (griddle) and grease it using ½ tsp of oil, place 4 patty at a time and cook on a medium flame using ½ tsp of oil till they turn golden brown in color from both sides.
- ★ Serve immediately.



Nutritional value per serving

148 kcal

Energy

19.5 g

Carbohydrates

4.5 g

Protein

7 g

Fats



SEVAIYYA WITH COCONUT CHUTNEY

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Breakfast, Snacks	easy	4	Fiber, Beta carotene, Iron

INGREDIENTS

★ Sevaiya (wheat Vermicelli)	90 g
★ Moong Sprouts	45 g
★ Capsicum	100 g
★ Onions	100 g
★ Tomatoes	100 g
★ Green chilies	2
★ Curry leaves	few
★ Mustard seeds	10 g
★ Peanuts	35 g
★ Turmeric powder	5 g
★ Salt and Sugar	to taste
★ Oil	15 g
★ Lemon	to taste
★ Green Coriander (for garnishing)	

METHOD

Pre-preparation:

- ★ Crumble the Roasted vermicelli into inch pieces.
- ★ Give it a rough boil in water till cooked and set it aside to drain.
- ★ Steam the moong sprouts until soft.
- ★ Boil the Chop the onions finely
- ★ Dice the capsicum and tomatoes
- ★ Slit the green chilies

Preparation:

- ★ In a kadhai, add the oil, add the mustard seeds and let it splutter.
- ★ Add the slit green chilies and curry leaves.
- ★ Add the onions and capsicum and sauté till soft.
- ★ Add the tomatoes and cook till soft with the turmeric powder
- ★ Add the drained vermicelli and the moong sprouts and toss it well with salt and a tsp of sugar.
- ★ Cover and cook for the flavors to mix in for 3 minutes.
- ★ Put off the flame and add lemon to taste and garnish with coriander leaves.
- ★ Serve with coconut chutney.



Nutritional value per serving

74 kcal

Energy

9 g

Carbohydrates

2 g

Protein

4 g

Fats



CURD COCONUT CHUTNEY

CATEGORY	SKILL LEVEL	SERVING SIZES	RICH IN NUTRIENTS
Breakfast, Snacks	Easy	4	Fiber, Beta carotene, Iron

INGREDIENTS

- ★ Dry Coconut Powder 60 g
- ★ Curd 150 g
- ★ Onion 100 g
- ★ Green chilies 4 nos.
- ★ Whole red chilies 2 nos.
- ★ Curry Leaves few
- ★ Mustard Seeds 5 g
- ★ Oil 10 g
- ★ Salt to taste

METHOD

- ★ Grind the onion, green chilies, curd and coconut to a thick paste with salt
- ★ Temper with mustard seeds, curry leaves and whole red chilies.



Nutritional value per serving

77
kcal

Energy

14.1
g

Carbohydrates

4.5
g

Protein

0.2
g

Fats



DATE AND APPLE KHEER

CATEGORY	SKILL LEVEL	FAVORABLE FOR CONDITIONS	RICH IN NUTRIENTS
Lunch, Dinner	Easy	Defence base, high altitude	Calcium, fiber, protein, potassium, magnesium, vitamin A

INGREDIENTS

★ Apples (chopped)	110 g
★ Dates (chopped)	110 g
★ Milk	500 ml
★ Sugar	5 g
★ Walnuts (for garnishing)	

METHOD

- ★ Combine the apples, sugar and 3 tbsp of water in a non-stick pan and cook over a medium flame for 2 to 3 minutes, while stirring continuously. Refrigerate to chill.
- ★ Combine the milk, sugar substitute and dates in a deep non-stick pan, mix well and simmer for 10 minutes while stirring continuously. Refrigerate to chill.
- ★ Just before serving add the cooked apples to the milk-dates mixture and mix gently.
- ★ Serve chilled garnished with walnuts and apples.



Contributors

Ms. Naaznin Husein

Founder Director, Freedom Wellness
Nutrition Advisor- INS Hamla (Joint Services Training Institute)
Co-Convener, NetProFaN Mumbai Chapter

Ms. Subhaprada Nishtala

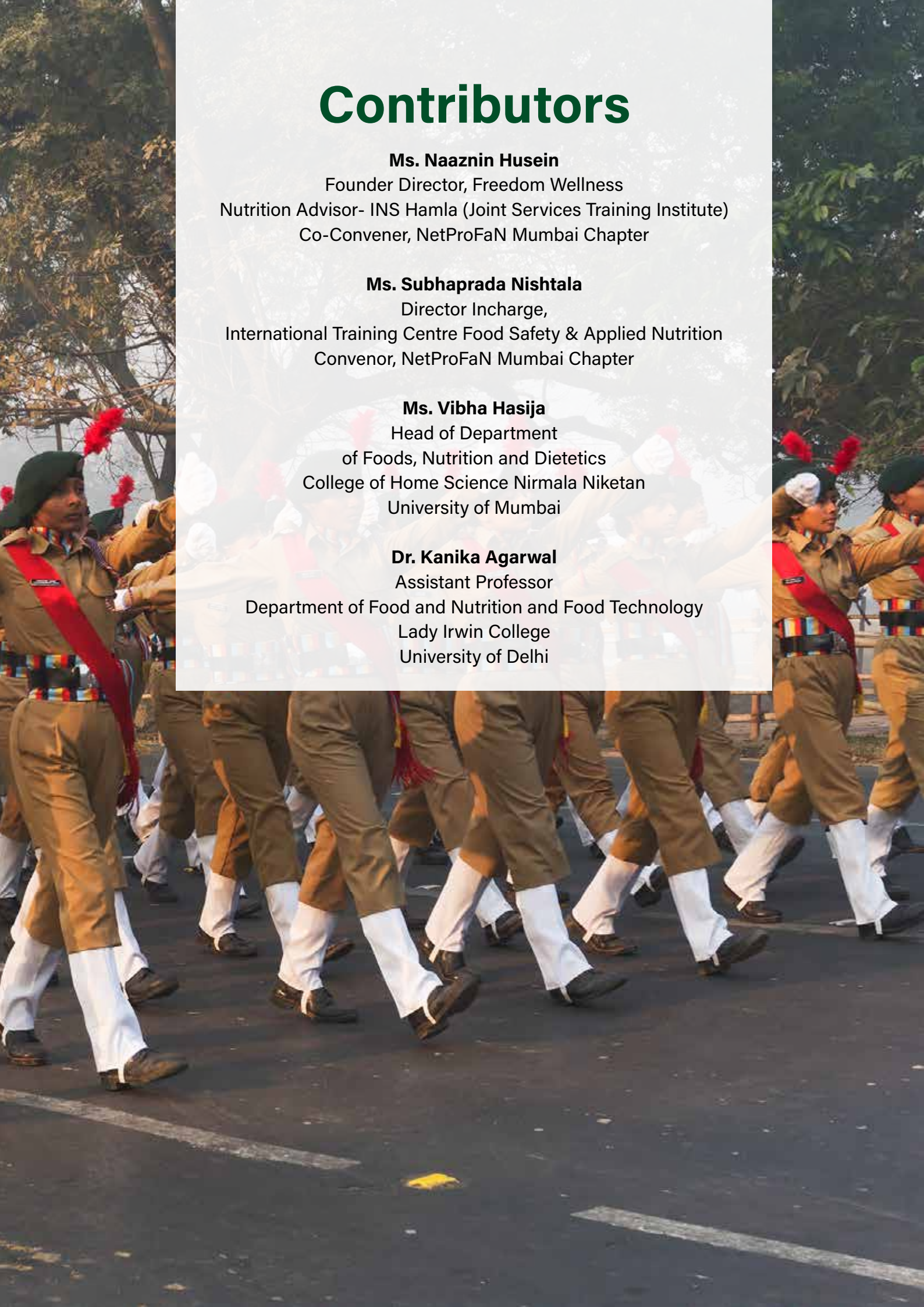
Director Incharge,
International Training Centre Food Safety & Applied Nutrition
Convener, NetProFaN Mumbai Chapter

Ms. Vibha Hasija

Head of Department
of Foods, Nutrition and Dietetics
College of Home Science Nirmala Niketan
University of Mumbai

Dr. Kanika Agarwal

Assistant Professor
Department of Food and Nutrition and Food Technology
Lady Irwin College
University of Delhi





सत्यमेव जयते

GOVERNMENT OF INDIA



भारतीय खाद्य सुरक्षा और मानक प्राधिकरण
Food Safety and Standards Authority of India
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Ministry of Health and Family Welfare

FDA Bhawan, Kotla Road, New Delhi-110002

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