

A collage of various healthy food items including sliced papaya, walnuts, almonds, granola, and baked goods like bread and cookies, arranged around a central yellow text box.

HEALTHY FOOD

Healthy Lifestyle



www.newmother.in

Ingredients -

- 1 cup millet (except ragi, bajra, and jowar) (soaked overnight)
- 1/2 cup yellow moong dal,
- 4 - 5 black peppercorns, salt to taste.
- 2 tbsp ghee, 1/2 tsp cumin seeds,
- 1 sprig of curry leaves.

METHOD

1. add ghee to the cooker. add cumin seeds.
2. let it splutter, add curry leaves, then yellow moong dal.
3. roast the dal well in ghee.
4. add the peppercorns.
5. add the millet, and add 5 - 6 times the water to get a soupy consistency. reduce the water to 3 - 4 times if you don't want soupy consistency.
6. add salt accordingly. simmer and cook for one whistle.
7. serve warm. and enjoy the goodness of millet and dal!