

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 rectangle.

HEALTHY FOOD

Healthy Lifestyle



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Ingredients -

1 cup rice,

1/4 cup green gram

5 cups of water

1 tsp cumin seeds, salt to taste

METHOD

1. Heat the water in a vessel. add the rice and green gram, and bring it to a boil. (it is best to overcook the rice, so it is soft and easy to mash)
2. add the cumin seeds.
3. keep stirring occasionally. add the salt when the mixture is half cooked. when the mixture thickens, turn off the heat.
4. serve the kanji as a base for the sabji / poriyal, sundal, and chutney.