

# FOOD AND RELATED PRODUCTS

## Compilation of recipes across Indian states

(Developed by Indian Academic Institutions)







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Compilation of recipes  
across India states

Developed by Indian Academic Institutions



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**COMPILED BY:** NATIONAL CENTRE OF EXCELLENCE AND ADVANCED RESEARCH ON DIETS (NCEARD),  
LADY IRWIN COLLEGE

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# EAST INDIA RECIPES





# ASSAM MIX

(Complementary food)



## SHELF LIFE

Best before one year from the date of manufacturing

## COST

Rs. 110.00/ 300 g

## Nutritional Information/100 grams


Energy	366 Kcal
Carbohydrate	71 gm
Protein	15 gm
Total fat	2 gm
Calcium	369 mg
Iron	5 mg

# ASSAM MIX






(Complementary food)




## Target Group and Benefits

 Infant, children, geriatrics

## Ingredients

-  Rice
-  Green Gram Dal
-  Gingelly Seed
-  Groundnut
-  Sucrose
-  Vitamins
-  Minerals

## Method of Preparation

 Technology sold out to Aasray Concept Foods, Amingaon, Guwahati, Assam.

DEVELOPED BY  
Department of Food Science and Nutrition, Assam  
Agricultural University, Jorhat, Assam



# MULTIGRAIN ROTI MIX

(for Diabetics)



**SHELF LIFE**  
45 days

**COST**  
Rs. 60.00/ kg

## Nutritional Information/100 grams

Energy	370 gm
Carbohydrate	57 gm
Protein	13 gm
Total fat	10 gm
Calcium	289 mg
Iron	3.17 mg
Crude fibre	3 gm
Vitamin C	6 mg

# MULTIGRAIN ROTI MIX

(for Diabetics)



## Target Group and Benefits

- 🍲 Diabetics and general population

## Ingredients

- 🍲 Wheat flour
- 🍲 Foxtail millet flour
- 🍲 Gram flour
- 🍲 Kalmegh leaves powder (Andrographis paniculata)/ Fenugreek seeds

## Method of Preparation

- 🍲 Ingredients are mixed as per standardization after appropriate processing.

DEVELOPED BY

Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat, Assam



# GLUTEN FREE BISCUIT



## SHELF LIFE

4 weeks

## COST

Rs. 30.00/ 100g

## Nutritional Information/100 grams

Carbohydrate	53-54 gm
Protein	9-10 gm
Total fat	24.25-24.60 gm
Calcium	43-44 mg
Iron	3.21-3.38 mg
Crude fibre	2.39-2.48 gm

# GLUTEN FREE BISCUIT



## Target Group and Benefits

- 🍪 Patients with celiac disease and general population

## Method of Preparation

- 🍪 Waxy and non-waxy rice flour, buckwheat and defatted soya flour are mixed together with baking powder.

## Ingredients

- 🍪 Rice flours (waxy and non-waxy)
- 🍪 Buckwheat and defatted soya flour
- 🍪 Sugar
- 🍪 Margarine
- 🍪 Egg
- 🍪 Baking powder

- 🍪 Cream together margarine and sugar.
- 🍪 Beat in eggs until fluffy and add flour mixture to make soft dough.
- 🍪 Shaped biscuits are baked and stored.

DEVELOPED BY

Department of Food Science and Nutrition, College of  
Community Science, AAU, Jorhat, Assam



# BALANCED ENTERAL FORMULA

(BEF)



## SHELF LIFE

1 month

## COST

Rs. 30.00/ 200g

## Nutritional Information/100 grams

Energy	475 Kcal
Carbohydrate	62 gm
Protein	16 gm
Total fat	11.69 gm
Crude fibre	1.96 gm

# BALANCED ENTERAL FORMULA

(BEF)



## Target Group and Benefits

- 🍵 Hospitalized and patients at home dependent on enteral nutrition support.
- 🍵 Suitable for oral feeding and of low cost.

## Ingredients

- 🍵 Malted rice flour
- 🍵 Malted green gram flour
- 🍵 Popped amaranth
- 🍵 Flaxseed flour
- 🍵 Milk product (skimmed milk powder)
- 🍵 Coconut oil

## Method of Preparation

- 🍵 Ingredients are mixed as per standardization after appropriate processing.

DEVELOPED BY

Department of Food Science and Nutrition, College of  
Community Science, AAU, Jorhat, Assam



# WEANING MIX

(from malted konidhan {Foxtail millet})



**SHELF LIFE**  
Up to 45 days

**COST**  
Rs. 35.00/100g

## Nutritional Information/100 grams

Energy	394-398 Kcal
Carbohydrate	62-64 gm
Protein	17.9-19.9 gm
Total fat	7.6-7.9 gm
Total mineral	1.8-2.0 gm
Crude fibre	1.3-1.7 gm

# WEANING MIX

(from malted konidhan {Foxtail millet})



## Target Group and Benefits

- 🍲 Infant, children, geriatrics

## Ingredients

- 🍲 Malted foxtail millet
- 🍲 Malted green gram
- 🍲 Roasted groundnut
- 🍲 Roasted sesame

## Method of Preparation

- 🍲 Ingredients are mixed as per standardization after appropriate processing.

DEVELOPED BY

Department of Food Science and Nutrition, College of  
Community Science, AAU, Jorhat, Assam



# JALPAN MIX

(Breakfast cereals)



**SHELF LIFE**  
Up to six months

**COST**  
Rs. 35.00/100g

## Nutritional Information/100 grams


Energy	351 Kcal
Carbohydrate	75 gm
Protein	6.8 gm
Total fat	2.84 gm
Calcium	32 mg
Iron	5.57 mg

# JALPAN MIX








(Breakfast cereals)




## Target Group and Benefits

-  General population

## Ingredients

-  Parboiled rice flour
-  Puffed rice
-  Flake rice
-  Perched rice
-  Raisins
-  Dry dates
-  Almond

## Method of Preparation

-  Ingredients are mixed as per standardization after appropriate processing.

DEVELOPED BY

Department of Food Science and Nutrition, College of  
Community Science, AAU, Jorhat, Assam



# JACKFRUIT LEATHER



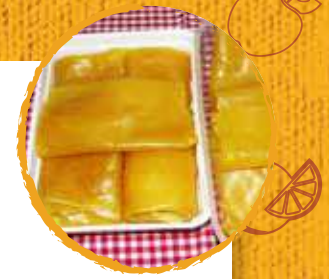
**SHELF LIFE**  
Upto six months

**COST**  
Rs 50/100gm

## Nutritional Information/100 grams

Protein	2.20 gm
Total fat	2.56 gm
Crude fibre	3.02 gm

# JACKFRUIT LEATHER



## Target Group and Benefits

- 🍽️ Children and general population

## Ingredients

- 🍽️ Ripe Jackfruit pulp
- 🍽️ Sugar
- 🍽️ Potassium meta-bisulphite

## Method of Preparation

- 🍽️ Ripe Jackfruit pulp with added sugar (5%) and potassium meta-bisulphite are blended, concentrated and dried into thin sheet and folded.

DEVELOPED BY

Department of Food Science and Nutrition, College of  
Community Science, AAU, Jorhat, Assam



# THEKUA



**SHELF LIFE**  
2 -3 weeks

**COST**  
Rs 200 / Kg i.e  
Rs 50 / 250 gm


## Nutritional Information/100 grams

Energy	333 Kcal
Protein	8.9 gm
Calcium	53 mg
Iron	3.83 mg







# THEKUA







## Target Group and Benefits

-  School going children

## Ingredients

-  Wheat flour **250gm**
-  Mushroom Product **62.5gm**
-  Ghee **1 1/2 Tbsp**
-  Small cardamom **5 pieces**
-  Jaggery /Sugar **150gm**
-  Oil to fry

## Method of Preparation

-  Take whole wheat flour and crumble with ghee. Keep aside.
-  Melt jaggery in 1/2 cup of water. Add crushed cardamom. Bring to boil.
-  Make dough with jaggery syrup and wheat flour.
-  Make small balls. Press on frame to emboss designs. Flatten it. Fry on medium low flame, cool it and pack.

DEVELOPED BY  
Krishi Vigyan Kendra Harnaut (Nalanda)



# MATHRI



**SHELF LIFE**  
2-3 weeks

**COST**  
Rs 200 / Kg i.e  
Rs 50 / 250 gm

## Nutritional Information/100 grams

Energy	313 Kcal
Protein	11.8 gm
Calcium	28 mg
Iron	2.82 mg

# MATHRI



## Target Group and Benefits

- 🍲 School going children

## Method of Preparation

- 🍲 Take maida, suji, mushroom powder crushed black pepper, fenugreek leaves together.
- 🍲 Add salt to taste.

## Ingredients

- 🍲 Maida **250gm**
- 🍲 Suji **20g**
- 🍲 Mushroom Powder **50gm**
- 🍲 Fat **1 1/2 tbsp (10ml)**
- 🍲 Black pepper **2 tsp** (Hand pounded)
- 🍲 Dry fenugreek leaves **2 tsp**
- 🍲 Salt - to taste
- 🍲 Oil to fry

- 🍲 Add fat and mix the ingredients well.
- 🍲 Knead with hot water. Make a hard dough.
- 🍲 Leave for 1/2 an hour and knead again. Make small balls and press between palms.
- 🍲 Prick with fork and deep fry it.

DEVELOPED BY  
Krishi Vigyan Kendra, Harnaut, Nalanda



# LADOO



**SHELF LIFE**  
Two weeks

**COST**  
Rs 300 / kg i.e  
Rs 75 / 250 gm

## Nutritional Information/100 grams

Energy	197 Kcal
Protein	14 gm
Calcium	485 mg
Iron	1.91 mg

# LADOO



## Target Group and Benefits

- 🍲 School going children

## Method of Preparation

- 🍲 Take heavy bottom pan and melt 1/2 tbsp ghee. Roast suji and mushroom powder separately till golden brown. Keep aside.
- 🍲 Melt the remaining ghee and add Khoa, fry for few minutes. Add roasted suji and mushroom powder. Mix well.

## Ingredients

- 🍲 Khoa - 200gm
- 🍲 Suji - 50gm
- 🍲 Mushroom powder - 40gm
- 🍲 Sugar (Powdered)- 100gm
- 🍲 Cardamom - 4 pieces
- 🍲 Ghee - 3 tbsp (45ml)

- 🍲 Remove from flame. Add powdered sugar and crushed cardamom.
- 🍲 Mix well. Make small balls and let them cool.

DEVELOPED BY  
Krishi Vigyan Kendra Harnaut (Nalanda)



# PEDA



**SHELF LIFE**  
One week

**COST**  
Rs 350 / kg i.e.  
Rs 87 / 250 gm

## Nutritional Information/100 grams

Energy	514 Kcal
Protein	16.2 gm
Calcium	675 mg
Iron	2.3 mg

# PEDA



## Target Group and Benefits

- 🍲 School going children

## Method of Preparation

- 🍲 Boil milk on medium flame till it thickens.
- 🍲 When milk thickens, add mushroom powder & keep stirring.

## Ingredients

- 🍲 Mushroom Powder - 250gm
- 🍲 Milk - 1000ml
- 🍲 Sugar - 100gm
- 🍲 After mushroom gets cooked, add sugar.
- 🍲 Keep stirring till it thickens.
- 🍲 Cool it. Make ball and press it.

DEVELOPED BY  
Krishi Vigyan Kendra Harnaut (Nalanda)



# CAKE



**SHELF LIFE**  
One week

**COST**  
120 / Kg i.e Rs  
30 / 250 gm

## Nutritional Information/100 grams

Energy	284 Kcal
Protein	5.3 gm
Calcium	67 mg
Iron	1.01 mg

# CAKE



## Target Group and Benefits

School going children

## Method of Preparation

- 🥄 Mix all dry ingredients and sieve 2-3 times.
- 🥄 Beat fat till creamy & fluffy.
- 🥄 Add dry ingredients slowly. Mix milk slowly if needed.

## Ingredients

- 🥄 Wheat flour - 100gm
- 🥄 Sugar - 85gm
- 🥄 Mushroom dried - 20gm
- 🥄 Fat- 60gm
- 😊 Milk - 100gm

- 🥄 Cut fold the batter. Put it in greased baking dish.
- 🥄 Bake for 35 minutes.
- 🥄 Cool and cut it.

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Krishi Vigyan Kendra Harnaut (Nalanda)



# BISCUIT



**SHELF LIFE**  
15 -20 days

**COST**  
Rs 142 / Kg i.e  
Rs 33 / 250 gm

## Nutritional Information/100 grams

Energy	392 Kcal
Protein	7.3 gm
Calcium	22 mg
Iron	1.59 mg

# BISCUIT



## Target Group and Benefits

- 🍪 School going children, pregnant ladies

## Method of Preparation

- 🍪 Melt butter and beat till fluffy and creamy.
- 🍪 Add slowly sugar essence & egg, keep beating.
- 🍪 Add flour and mushroom powder mix.

## Ingredients

- 🍪 Refined Wheat flour - 200gm
  - 🍪 Butter - 100gm
  - 🍪 Sugar (Powdered) - 100gm
  - 🍪 Egg - 80gm
  - 🍪 Mushroom dried - 20gm
  - 🍪 Vanilla essence - 5ml
- 
- 🍪 Knead well. Pull pieces off the dough.
  - 🍪 Roll to 1.5mm thickness. Cut into pieces and place them on baking sheet. Bake at 180°-200°C for 12-15 minutes (425° F).

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Krishi Vigyan Kendra Harnaut (Nalanda)



# NUTRITIOUS LADDU



**SHELF LIFE**  
3 months

**COST**  
Rs 90/- per kg

## Nutritional Information/100 grams

Energy	329 Kcal
Carbohydrate	60 gm
Protein	11.02 gm
Total fat	5.09 gm
Calcium	98 mg
Iron	2.18 mg

# NUTRITIOUS LADDU



## Target Group and Benefits

- 🍲 Adolescent girls
- 🍲 Pregnant and lactating women
- 🍲 It is ready to eat product and can be used as and when required.
- 🍲 This food product contains adequate amount of calcium, protein and energy.

## Method of Preparation

- 🍲 Soak wheat and ragi separately.
- 🍲 Keep them for sprouting.
- 🍲 Dry and roast them.

## Ingredients

- 🍲 **Wheat: 4 cups**
- 🍲 **Ragi: 1 cup**
- 🍲 **Green gram: 1 cup**
- 🍲 **Flax seed: 1 cup**
- 🍲 **Jaggery: 3 cups**
- 😊 **Ghee: 1 cup**

- 🍲 Clean and roast flax seeds.
- 🍲 Grind all ingredients and make powder.
- 🍲 Make a paste of Jaggery and add all the ingredients.
- 🍲 Add ghee and make laddu.

DEVELOPED BY

Department of Food & Nutrition, College of  
Community Science, DRPCAUI, Pusa



# COMPLEMENTARY FOOD



**SHELF LIFE**  
3 months

**COST**  
Rs 80/- per kg

## Nutritional Information/100 grams

Energy	381 Kcal
Carbohydrate	64 gm
Protein	15.8 gm
Total fat	6.9 gm
Calcium	149 mg
Iron	0.35 mg

# COMPLEMENTARY FOOD



## Target Group and Benefits

- ☞ Infants and young children
- ☞ The product is ready to use which can be used by mothers very easily while at work too.

## Method of Preparation

- ☞ Soak wheat and keep it for sprouting.
- ☞ Soak green gram dhal and dry.

## Ingredients

- ☞ Wheat
  - ☞ Sesame seed
  - ☞ Groundnut
  - ☞ Green gram dhal
  - ☞ Sugar
- 
- ☞ Clean sesame seeds.
  - ☞ Roast all the ingredients and grind them to make powder.
  - ☞ Mix them properly and store in an airtight container.

DEVELOPED BY  
Department of Food & Nutrition, College of  
Community Science, DRPCAUI, Pusa



# PUSA SHAKTI



**SHELF LIFE**  
6 months

**COST**  
Rs 20/100 gm  
Rs 10/50 gm

## Nutritional Information/100 grams

Energy	394 Kcal
Carbohydrate	60.00 gm
Protein	11.60 gm
Total fat	11.00 gm

# PUSA SHAKTI



## Target Group and Benefits

- 🍲 All age groups

## Ingredients

- 🍲 Rice
- 🍲 Bengal gram
- 🍲 Groundnut
- 🍲 Quality protein maize
- 🍲 Salt
- 🍲 Spices
- 🍲 Nutritional supplements

## Method of Preparation

- 🍲 Not provided

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Department of Food & Nutrition, College of  
Community Science, DRPCAUI, Pusa



# KHEER MIX



**SHELF LIFE**  
6 months

**COST**  
Rs.40/125 gram

## Nutritional Information/100 grams

Energy	368 Kcal
Carbohydrate	80 gm
Protein	10.60 gm
Total fat	0.30 gm
Calcium	259 mg
Iron	5.60 mg

# KHEER MIX



## Target Group and Benefits

- 🍲 All age groups
- 🍲 This nutri rich product can very easily be cooked by addition of only water.

## Ingredients

- 🍲 Milk
- 🍲 Sugar
- 🍲 Quality protein maize
- 🍲 Rice
- 🍲 Raisins
- 🍲 Dates
- 🍲 Sago
- 🍲 Nutritional supplements

## Method of Preparation

- 🍲 Not provided

DEVELOPED BY  
Department of Food & Nutrition, College of  
Community Science, DRPCAUI, Pusa



# PROTEINO-H KADHI MIX



**SHELF LIFE**  
6 months

**COST**  
Rs.10/25 grams

## Nutritional Information/100 grams

Energy	325 Kcal
Carbohydrate	39 gm
Protein	16.4 gm
Total fat	10.5 gm
Calcium	145 mg
Iron	6.00 mg

# PROTEINO-H KADHI MIX



## Target Group and Benefits

- 🍽️ All age groups
- 🍽️ The product is rich in protein and calcium and can be prepared in 5 minutes.

## Ingredients

- 🍽️ Quality protein maize
- 🍽️ Milk
- 🍽️ Spices
- 🍽️ Pulses
- 🍽️ Salt
- 🍽️ Sago
- 🍽️ Nutritional supplements

## Method of Preparation

- 🍽️ Not provided

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# MULTI GRAIN FLOUR-I

IMAGE NOT PROVIDED

**SHELF LIFE**  
3 months

**COST**  
Rs 40/- per kg

## Nutritional Information/100 grams

Energy	338 Kcal
Carbohydrate	70 gm
Protein	10.9 gm
Total fat	1.59 gm
Calcium	122 mg
Iron	4.64 mg

# MULTI GRAIN FLOUR-I

IMAGE NOT PROVIDED

## Target Group and Benefits

- 🍲 All age groups.
- 🍲 The flour is rich in calcium and can be used in routine diet.
- 🍲 The flour with low phytate content have better digestibility.

## Method of Preparation

- 🍲 Wash wheat and soak overnight.
- 🍲 After removal of water, dry it.
- 🍲 Likewise, soak ragi and keep it for sprouting.
- 🍲 Dry it.

## Ingredients

- 🍲 Wheat and ragi (9:1)

- 🍲 Grind them and mix.

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# MULTI GRAIN FLOUR-III

IMAGE NOT PROVIDED

**SHELF LIFE**  
3 months

**COST**  
Rs 50/- per kg

## Nutritional Information/100 grams

Energy	339 Kcal
Carbohydrate	68 gm
Protein	13.4 gm
Total fat	2.44 gm
Calcium	79 mg
Iron	4.88 mg

# MULTI GRAIN FLOUR-III

IMAGE NOT  
PROVIDED

## Target Group and Benefits

- 🍽️ All age groups.
- 🍽️ This is a convenience food suitable for all especially people with higher protein requirement per 100 kilo calorie.

## Method of Preparation

- 🍽️ Wash wheat and soak overnight.
- 🍽️ After removal of water, dry it.
- 🍽️ Likewise, soak ragi and keep it for sprouting.
- 🍽️ Soak Bengal gram dhal in water for 4-5 hours and dry it.
- 🍽️ Grind them and mix.

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# NUTRITIOUS STUFF-I



## SHELF LIFE

1 month

## COST

Rs 100/- per kg

## Nutritional Information/100 grams

Energy	490 Kcal
Carbohydrate	50 gm
Protein	14.3 gm
Total fat	25.97 gm
Calcium	123 mg
Iron	1.94 mg



# NUTRITIOUS STUFF- I



## Target Group and Benefits

- 🍽️ All age groups
- 🍽️ This nutri stuff can especially be very beneficial for children and women who require high protein with high energy.

## Method of Preparation

- 🍽️ Clean flax seeds, roast them and grind.
- 🍽️ Add jaggery and mix.
- 🍽️ Use 10 g of the product at least 3 times a day.

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# NUTRITIOUS STUFF-II



**SHELF LIFE**  
1 month

**COST**  
Rs 100/- per kg

## Nutritional Information/100 grams

Energy	451 Kcal
Carbohydrate	35 gm
Protein	14.3 gm
Total fat	27.84 gm
Calcium	163 mg
Iron	11.05 mg



# NUTRITIOUS STUFF- II



## Target Group and Benefits

- 🍽️ All age groups.
- 🍽️ This ready to eat high energy food contains high amount of protein.

## Method of Preparation

- 🍽️ Clean flax seeds, roast them and grind.
- 🍽️ Add all ingredients and mix.

## Ingredients

- 🍽️ Flax seed
- 🍽️ Salt
- 🍽️ Red chilli powder
- 🍽️ Mango powder

- 🍽️ Consume 10 g of the product at least 3 times a day.

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# NUTRITIOUS STUFF-III



**SHELF LIFE**  
1 month

**COST**  
Rs 100/- per kg

## Nutritional Information/100 grams

Energy	507 Kcal
Carbohydrate	43 gm
Protein	16.1 gm
Total fat	30.3 gm
Calcium	266 mg
Iron	2.85 mg

# NUTRITIOUS STUFF- III



## Target Group and Benefits

- 🍽️ All age groups.
- 🍽️ This ready to eat high energy food contains high amount of protein and calcium.

## Method of Preparation

- 🍽️ Clean flax seeds and sesame seeds separately, roast and grind them.

## Ingredients

- 🍽️ Flax seed
- 🍽️ Sesame seed
- 🍽️ Jaggery

- 🍽️ Add jaggery and mix
- 🍽️ Use 10 g of the product at least 3 times a day.

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# TISHEE/LINSEED LADDOOS



**SHELF LIFE**  
15-20 days

**COST**  
Rs 225.00/kg

## Nutritional Information/100 grams

Energy	330 Kcal
Protein	7.82 gm
Calcium	180 mg
Iron	2.21 mg

# TISHEE/LINSEED LADOOS



## Target Group and Benefits

- 🍲 Farmers/Farmwomen/Children of Farm Families
- 🍲 Students
- 🍲 Extension Functionaries

## Method of Preparation

- 🍲 Roast the ragi flour, linseed, gond, methi, white til separately and grind them.
- 🍲 Prepare Jaggery Syrup.

## Ingredients

- 🍲 Linseed: **100gm**
- 🍲 Ragi/Madua Atta : **100gm**
- 🍲 Ktira gond: **20gm**
- 🍲 White til/sesame seeds: **10gm**
- 🍲 Jaggery: **120gm**
- 🍲 Ghee **30gm**
- 🍲 Methi: **2gm**

- 🍲 Mix all the ingredients well.
- 🍲 Make small round shape ladoos using ghee.

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Jharkhand



# MADUA/RAGI LADOOS



**SHELF LIFE**  
20-25 days

**COST**  
Rs 250.00/kg

## Nutritional Information/100 grams

Energy	550 Kcal
Protein	5 gm
Calcium	75 mg
Iron	1 mg

# MADUA/RAGI LADOOS



## Target Group and Benefits

- 🍲 Farmers/Farmwomen/Children of Farm families
- 🍲 Students
- 🍲 Extension Functionaries

## Method of Preparation

- 🍲 Roast the ragi flour, besan and groundnut separately.
- 🍲 Grind the roasted groundnut coarsely.
- 🍲 Prepare sugar syrup solution.

## Ingredients

- 🍲 Besan: **50gm**
- 🍲 Madua Atta: **50gm**
- 🍲 Roasted Groundnut: **20gm**
- 🍲 Sugar: **70gm**
- 🍲 Ghee: **90gm**
- 🍲 Elaichi powder: **1gm**

- 🍲 Add elaichi powder and mix all ingredients.
- 🍲 Make small round shape ladoos using ghee.

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Jharkhand



# MUSHROOM PICKLE



**SHELF LIFE**  
6-9 months

**COST**  
Rs. 300/kg

## Nutritional Information/100 grams

Energy	45 Kcal
Calcium	8 mg
Protein	3.2 gm
Phosphorous	110 mg
Iron	1.7 mg

# MUSHROOM PICKLE



## Target Group and Benefits

- 🍲 Farm families

## Ingredients

- 🍲 Mushroom
- 🍲 Green Peas
- 🍲 Carrot
- 🍲 Ginger
- 🍲 Garlic
- 🍲 Turmeric Powder
- 🍲 Salt
- 🍲 Green chilli
- 🍲 Acetic Acid
- 🍲 Spices
- 🍲 Oil

## Method of Preparation

- 🍲 Wash & chop the mushroom, carrot, green peas, ginger, garlic, green chilli.
- 🍲 Fry them in oil in a frying pan for 5-6 minutes and add salt.
- 🍲 Roast the coriander, methi and other spices & grind them and mix well.
- 🍲 Add the spices over the fried vegetables and mix them properly for 2-3 minutes.
- 🍲 Add vinegar & keep them for cooling.
- 🍲 Pack in a jar/polybag.

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Home Science Department, BAU, Ranchi, Jharkhand



# JACKFRUIT PICKLE



**SHELF LIFE**  
6-9 months

**COST**  
Rs. 250/kg

## Nutritional Information/100 grams

Energy	51 Kcal
Calcium	30 mg
Protein	2.6 gm
Phosphorous	40 mg
Iron	1.7 mg
Sodium	35 mg
Potassium	328 mg









# JACKFRUIT PICKLE




## Target Group and Benefits


-  Farm families

## Ingredients

-  Jackfruit (peeled)
-  Turmeric Powder
-  Salt
-  Acetic Acid
-  Spices
-  Oil

## Method of Preparation

-  Cure raw pieces of Jackfruit (peeled) with Turmeric Powder + salt + Acetic Acid for 10-15 days.

-  Then add spices + Oil.

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# WEST INDIA RECIPES



# GUR PARA



**SHELF LIFE**  
One month

**COST**  
Rs 7.1 / 100gm

## Nutritional Information/100 grams

Energy	464 Kcal
Carbohydrate	50 gm
Protein	12.5 gm
Total fat	23.25 gm
Calcium	177 mg
Iron	6.6 mg
Total fibre	4.4 gm
Vitamin A	5 mcg



# GUR PARA



## Target Group and Benefits

- 🍲 Pregnant/ Lactating women
- 🍲 Children.
- 🍲 Energy and Protein dense
- 🍲 Easy to prepare
- 🍲 Cost effective

## Method of Preparation

- 🍲 Melt jaggery in lukewarm water and strain it.
- 🍲 Mix soya flour, wheat flour, bajra and til and knead with jaggery water.

## Ingredients

- 🍲 **Wheat Flour 15g**
- 🍲 **Soya 15g**
- 🍲 **Bajra 15g**
- 🍲 **Jaggery 30g**
- 🍲 **Oil 20g**
- 🍲 **Til (gingelly seeds) 5g**

- 🍲 Make balls and roll into chapatis.
- 🍲 Cut into desired size.
- 🍲 Deep fry till golden brown.

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Jaipur



# GUAR PHALI FRY



**SHELF LIFE**  
One month

**COST**  
Rs 5.11/ 100gm

## Nutritional Information/100 grams

Energy	169 Kcal
Carbohydrate	4 gm
Protein	3 gm
Total fat	15.3 gm
Calcium	103 mg
Iron	3.32 mg
Total fibre	4.1 gm
Vitamin A	205 mcg

# GUAR PHALI FRY



## Target Group and Benefits

- 🍲 Children and adults
- 🍲 Healthy snack option
- 🍲 Adds variety
- 🍲 Simple to prepare
- 🍲 Cost effective
- 🍲 Readily available

## Ingredients

- 🍲 Guar Phali **85g**
- 🍲 Oil **15g**

## Method of Preparation

- 🍲 Wash and dry guar phali.
- 🍲 Heat oil and deep fry the guar phali.
- 🍲 Sprinkle salt and spices.
- 🍲 Serve as a snack.

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# MOONG DAL LADDOO



**SHELF LIFE**  
One month

**COST**  
Rs 12.42/ 100gm

## Nutritional Information/100 grams

Energy	407 Kcal
Carbohydrate	54 gm
Protein	15.5 gm
Total fat	13.8 gm
Calcium	139 mg
Iron	5.32 mg
Total fibre	4.8 gm
Vitamin A	49 mcg

# MOONG DAL LADDOO



## Target Group and Benefits

Pregnant/ Lactating women

- ☺ Rich protein source
- ☺ Energy dense
- ☺ Easy to prepare
- ☺ Easily acceptable

## Ingredients

- ☺ Moong Dal **40g**
- ☺ Bhuna Chana **20g**
- ☺ Jaggery **25g**
- ☺ Ghee **10g**
- ☺ Til **5g**

## Method of Preparation

- ☺ Pick and wash moong dal and dry it properly.
- ☺ Dry roast it till it turns golden brown.
- ☺ Grind moong dal and bhuna chana separately.
- ☺ Mix moong dal, bhuna chana, jaggery, til and ghee.
- ☺ Shape into laddoo.

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# MURMURA SATTU LADDOO



**SHELF LIFE**  
One month

**COST**  
Rs 7.82/ 100gm

## Nutritional Information/100 grams

Energy	485 Kcal
Carbohydrate	55 gm
Protein	8.4 gm
Total fat	25.3 gm
Calcium	45 mg
Iron	4.29 mg
Total fibre	2 gm
Vitamin A	2 mcg

# MURMURA SATTU LADDOO



## Target Group and Benefits

- 🍷 Young children
- 🍷 Pregnant and Lactating mothers
- 🍷 Nutrient dense
- 🍷 Easy preparation and transportation
- 🍷 Long shelf life
- 🍷 Acceptable
- 🍷 Inexpensive

## Ingredients

- 🍷 **Murmura 30g**
- 🍷 **Bhuna Chana 15g**
- 🍷 **Jaggery 25g**
- 🍷 **Peanut 10g**
- 🍷 **Ghee 20g**

## Method of Preparation

- 🍷 Roast all the ingredients.
- 🍷 Grind them.
- 🍷 Mix powdered jaggery and hot ghee.
- 🍷 Shape into round laddoos.
- 🍷 Keep it in an airtight container.

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# PANJIRI



**SHELF LIFE**  
One month

**COST**  
Rs 6.52 / 100gm

## Nutritional Information/100 grams

Energy	368 Kcal
Carbohydrate	43 gm
Protein	13.8 gm
Total fat	15.7 gm
Calcium	66. mg
Iron	5.11 mg
Total fibre	4.3 gm
Vitamin A	3. mcg

# PANJIRI



## Target Group and Benefits

- 🍲 Children and adults
- 🍲 Nutrient dense
- 🍲 Easy preparation and transportation
- 🍲 Long shelf life
- 🍲 Acceptable
- 🍲 Inexpensive

## Method of Preparation

- 🍲 Dry roast dalia, soya flour and peanut separately.
- 🍲 Grind all the ingredients.
- 🍲 Mix it properly and store in an airtight container.

## Ingredients

- 🍲 Dalia **35g**
- 🍲 Soya chunks **10g**
- 🍲 Bhuna Chana **10g**
- 🍲 Peanut **10g**
- 🍲 Jaggery **30g**
- 🍲 Oil **5g**

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# TILKUTA



**SHELF LIFE**  
One month

**COST**  
Rs 6.15 / 100gm

## Nutritional Information/100 grams

Energy	400 Kcal
Carbohydrate	63 gm
Protein	7.1 gm
Total fat	13 gm
Calcium	574 mg
Iron	7.41 mg
Total fibre	5.2 gm
Vitamin A	4 mcg

# TILKUTA



## Target Group and Benefits

- 🍽️ Pregnant and Lactating mothers
- 🍽️ Rich source of dietary Iron
- 🍽️ Delicious and nutritive
- 🍽️ Extremely simple to prepare
- 🍽️ Highly acceptable.

## Method of Preparation

- 🍽️ Dry roast til.
- 🍽️ Crush til and jaggery together in a mortar and pestle till they blend together.

## Ingredients

- 🍽️ **Til 30g**
- 🍽️ **Jaggery 70g**

- 🍽️ Store in an airtight container.

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# PAUSHTIK BAATI



**SHELF LIFE**  
2-3 days

**COST**  
Rs 9.9 / 100gm

## Nutritional Information/100 grams

Energy	442 Kcal
Carbohydrate	34 gm
Protein	15.7 gm
Total fat	26.6 gm
Calcium	98 mg
Iron	6.02 mg
Total fibre	7.1 gm
Vitamin A	958 mcg

# PAUSHTIK BAATI



## Target Group and Benefits

- 🍲 Adult women and children
- 🍲 Indigenous recipe, very popular in Rajasthan
- 🍲 Energy dense
- 🍲 Simple to prepare
- 🍲 Highly acceptable
- 🍲 Good shelf life

## Method of Preparation

- 🍲 To prepare the baati, mix wheat flour, besan, methi leaves, coriander leaves, salt and ghee.
- 🍲 Using your hands knead a stiff dough with warm water. Shape the dough in the size

## Ingredients

- 🍲 Wheat Flour **30g**
- 🍲 Soya chunks **15g**
- 🍲 Bengal gram dal **20g**
- 🍲 Methi leaves **10g**
- 🍲 Ghee **25g**

of a ping pong ball. Meanwhile, heat the gas tandoor and roast the dough ball on low heat for sometime. Make sure they are brown and crusty.

- 🍲 Pour some more ghee on the baati.

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# FOGLA RAITA



**SHELF LIFE**  
One day

**COST**  
Rs 7.60 / 100gm

## Nutritional Information/100 grams

Energy	120 Kcal
Protein	3 gm



# FOGLA RAITA



## Target Group and Benefits

- 🍽️ Pregnant and lactating mothers
- 🍽️ Indigenous food
- 🍽️ Simple to prepare
- 🍽️ Calcium rich

## Method of Preparation

- 🍽️ Boil fogla and drain the water.
- 🍽️ Grind it coarsely.

## Ingredients

- 🍽️ Fogla 20g
- 🍽️ Curd 80g
- 🍽️ Mint Leaves (Dry) To Taste

- 🍽️ Beat the curd and mix with fogla, salt, mint leaves and spices.

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# KACHI HALDI KI SABJI



**SHELF LIFE**  
One month

**COST**  
Rs 11.37 / 100gm

## Nutritional Information/100 grams

Energy	463 Kcal
Carbohydrate	52 gm
Protein	1.6 gm
Total fat	27.9 gm
Calcium	145 mg
Iron	30.13 mg
Total fibre	16.8 gm

# KACHI HALDI KI SABJI



## Target Group and Benefits

- 🍲 General population
- 🍲 Rich source of antioxidants
- 🍲 Fibre rich
- 🍲 Adds variety
- 🍲 Seasonal and inexpensive

## Method of Preparation

- 🍲 Peel and grate fresh turmeric.
- 🍲 Heat ghee, add jeera.
- 🍲 Add haldi and spices.
- 🍲 Cook for a few minutes.
- 🍲 Cook till it is dry.
- 🍲 Store it in an airtight container.

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# BATHUA MAKKA BAJRA MATHRI



**COST**  
Rs 6.5 / 100gm

## Nutritional Information/100 grams

Energy	414 Kcal
Carbohydrate	38 gm
Protein	7.3 gm
Total fat	25 gm
Calcium	126 mg
Iron	3.77 mg
Total fibre	8.6 gm
Vitamin A	226 mcg

# BATHUA MAKKA BAJRA MATHRI



## Target Group and Benefits

- 🍲 All age groups
- 🍲 Energy dense snack
- 🍲 Popular and familiar food
- 🍲 Long shelf life

## Ingredients

- 🍲 Bathua 15g
- 🍲 Bajra 30g
- 🍲 Makka 30g
- 🍲 Til 5g
- 🍲 Oil 20g

## Method of Preparation

- 🍲 Wash and grind bathua.
- 🍲 Add it to bajra and makka flour. Add til and salt.
- 🍲 Add 5 g oil. Mix well.
- 🍲 Knead it into a stiff dough.
- 🍲 Make small balls and roll into chapatis.
- 🍲 Cut into small discs and deep fry till golden brown in colour.

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# DANA METHI CHANA



**SHELF LIFE**  
Two days

**COST**  
Rs.8/100gm

## Nutritional Information/100 grams

Energy	177 Kcal
Protein	9.3 gm
Calcium	32 mg
Iron	2.76 mg
Total fibre	9.8 gm
Vitamin A	64 mcg



# DANA METHI CHANA



## Target Group and Benefits

- 🍲 Pregnant and lactating mothers
- 🍲 Elderly persons

## Ingredients

- 🍲 Chana dal **30g**
- 🍲 Dana methi (fenugreek seeds) **10g**
- 🍲 Onion **20g**
- 🍲 Oil **5g**
- 🍲 Mustard seeds **5g**
- 🍲 Spices

## Method of Preparation

- 🍲 Soak dana methi and chana dal separately.
- 🍲 Boil both separately.
- 🍲 Heat oil and add mustard seeds.
- 🍲 Fry onions till pink.
- 🍲 Add boiled chana dal and dana methi.
- 🍲 Add spices and salt.
- 🍲 Cook for a few minutes.

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Jaipur

# PAPAYA CHUTNEY



**SHELF LIFE**  
One week

**COST**  
Rs. 5/100gm


## Nutritional Information/100 grams

Energy	77 Kcal
Protein	0.3 gm
Calcium	11 mg
Iron	0.1 mg
Total fibre	1.1 gm
Vitamin A	64 mcg
Vitamin C	10 mg







# PAPAYA CHUTNEY








## Target Group and Benefits

-  Pregnant and lactating mothers

## Ingredients

-  Raw papaya
-  Mustard seeds **1 tsp**
-  Green chili **4-5 chillies**
-  Turmeric powder **1 tsp**
-  Salt
-  Sugar **1 tsp**

## Method of Preparation

-  Put oil in a pan, heat and add mustard seeds and chilli.
-  Add grated papaya.
-  Add turmeric and salt.
-  Mix properly.
-  Cook for 2-3 minutes under steam.

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Jaipur



# DATE PALM CAKE



**SHELF LIFE**  
7 days in the refrigerator  
and winters  
2 days  
without refrigerator

**COST**  
Rs. 80/300gms

## Nutritional Information/100 grams

Energy	450 Kcal
Protein	11 gm
Calcium	560 mg
Iron	7 mg
Total fat	15 gm

# DATE PALM CAKE



## Target Group and Benefits

- 🍷 Vulnerable groups.
- 🍷 It is a good source of iron, potassium, calcium and phosphorus.

## Ingredients

- 🍷 Wheat flour
- 🍷 Sugar
- 🍷 Baking powder
- 🍷 Baking soda
- 🍷 Milk powder
- 🍷 Date paste
- 🍷 Date chunks
- 🍷 Oil

## Method of Preparation

- 🍷 Sieve wheat flour, milk powder, powdered sugar, baking powder and baking soda, 2 to 3 times.
- 🍷 Take oil in a bowl and add all the sieved ingredients.
- 🍷 Add water and mix by cut and fold method.
- 🍷 Add Paste and shreds of date in the cake batter. Consistency should be ribbon like.
- 🍷 Bake at 170°C for 45 minutes.
- 🍷 Serve cool.

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Science, SKRAU, Bikaner



# BAJRA KURKURE



## SHELF LIFE

6 months  
without  
frying  
1 month  
after frying

## COST

Rs.25/100gm

## Nutritional Information/100 grams

Energy	500 Kcal
Protein	14.5 gm
Calcium	62 mg
Iron	8 mg



# BAJRA KURKURE



## Target Group and Benefits

- 🍲 All age groups.
- 🍲 To replace junk food with nutritious alternative.

## Method of Preparation

- 🍲 Add four times water and make bajra dalia or porridge.
- 🍲 Mix spices like salt, chilli powder, heeng, ajwain, papad khaar.
- 🍲 Cook till the grains are softened.

## Ingredients

- 🍲 Bajra
- 🍲 Peanut
- 🍲 Oil
- 🍲 Spices

- 🍲 Add groundnut powder.
- 🍲 Extrude and dry for two days.
- 🍲 Deep fry, serve with sprinkled chaat masala.

DEVELOPED BY

Department of Food and Nutrition, College of Home Science, SKRAU, Bikaner

# BAJRA BISCUIT



**SHELF LIFE**  
3 months

**COST**  
Rs.45/100gm

## Nutritional Information/100 grams

Energy	500 Kcal
Protein	14.5 gm
Calcium	62 mg
Iron	8 mg

# BAJRA BISCUIT



## Target Group and Benefits

- 🍪 Vulnerable groups.
- 🍪 Pearl millet has high nutritive value and forms the staple food of arid region. It is rich source of calcium, iron, dietary fibre and micronutrients.

## Method of Preparation

- 🍪 Sieve flours and baking powder 2 to 3 times.
- 🍪 Mix butter, ammonia and sugar till they become creamy.
- 🍪 Add bajra flour with baking powder in that.
- 🍪 Add essence and knead to make dough with milk.

## Ingredients

- 🍪 Bajra flour
- 🍪 Wheat flour
- 🍪 Butter
- 🍪 Peanut
- 🍪 Sugar
- 🍪 Ammonia

- 🍪 Put peanut in the dough. Roll it and cut desired shapes.
- 🍪 Place in baking tray and bake at 175°C for 10 minutes.
- 🍪 Serve cool with tea/coffee.

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Department of Food and Nutrition, College of Home Science, SKRAU, Bikaner



# ENERGY DENSE GRUEL

IMAGE NOT PROVIDED

SHELF LIFE  
1 DAY

COST  
Rs. 4.50/ drink

## Nutritional Information/100 grams

Energy	366 Kcal
Protein	6.7 gm
Calcium	132 mg
Iron	12.07 mg
Total fibre	0.9 gm
Total fat	2.7 gm

# ENERGY DENSE GRUEL

IMAGE NOT PROVIDED

## Target Group and Benefits

- 🍲 Easy to cook.
- 🍲 Require less cooking time.
- 🍲 Easy to swallow (low viscosity).
- 🍲 Easy to digest.
- 🍲 Culturally acceptable.
- 🍲 The gruel prepared from the mix under the study could be further enriched with dehydrated vegetables, fruits or herbs and used by geriatric population.

## Method of Preparation

- 🍲 Gruel was prepared by mixing all the raw ingredients namely rice flakes, sugar powder, milk powder and Ragi ARF with 350 ml of water.
- 🍲 The mixture was cooked on medium flame for 5-7 minutes till the sides of the slurry starts bubbling.
- 🍲 It was then taken down from the flame and cooled to bring it to a room temperature.

DEVELOPED BY  
Department of Foods And Nutrition, The Maharaja  
Sayajirao University of Baroda

# FLAXSEED LADOO/GLOBS

IMAGE NOT PROVIDED

## SHELF LIFE

One week  
in cool  
condition

## COST

Rs. 2.45 / laddoo.

## Nutritional Information/100 grams

Energy	498 Kcal
Protein	14.8 gm
Carbohydrate	40 gm
Total fat	33.6 gm



# FLAXSEED LADOO/GLOBS

IMAGE NOT  
PROVIDED

## Target Group and Benefits

- 🍽 Winter season product for Mild Cognitive Impairment among elderly.
- 🍽 Help to reduce cognitive impairment, uplift mood, reduce atherogenic indices, improves quality of life (QOL).

## Method of Preparation

- 🍽 Cook roast flaxseed coarse powder on low flame till slight oil comes out of it. Turn off flame.
- 🍽 Add jaggery and make laddoo of it.

DEVELOPED BY  
Department of Foods And Nutrition, The Maharaja  
Sayajirao University of Baroda

# POHA LADOO



**SHELF LIFE**  
6 months

**COST**  
NA

## Nutritional Information/100 grams

Energy	428 Kcal
Protein	20.3 gm
Total fat	14.4 gm
Calcium	100 mg
Iron	7.41 mg
Total fibre	1 gm
Folic acid	24.00 mcg

# POHA LADOO



## Target Group and Benefits

- 🍲 Adolescent girls of age group 13-19 years.

## Ingredients

- 🍲 Poha
- 🍲 Wheat flour
- 🍲 Besan
- 🍲 Soybean flour
- 🍲 Coconut
- 🍲 Sesame
- 🍲 Groundnut
- 🍲 Jaggery
- 🍲 Ghee

## Method of Preparation

- 🍲 Roast poha and make it into powder form.
- 🍲 Roast wheat flour, besan and soyabean flour separately.
- 🍲 Add grated coconut, sesame seeds, groundnut powder and jaggery. Mix them well.
- 🍲 Make small balls out of it using ghee.

DEVELOPED BY  
Dr. Panjabrao Deshmukh Krishi Vidyapeeth, Akola



# PEARL MILLET COOKIES



**SHELF LIFE**  
6 months

**COST**  
NA

## Nutritional Information/100 grams

Energy	361 Kcal
Protein	17.4 gm
Total fat	73.7 gm
Calcium	303 mg
Iron	10.34 mg
Carbohydrate	354 gm

# PEARL MILLET COOKIES



## Target Group and Benefits

- 🍪 All age groups.

## Ingredients

- 🍪 Pearl Millet (Bajra)
- 🍪 Coconut
- 🍪 Margarine fat
- 🍪 Liquid glucose
- 🍪 Sugar powder
- 🍪 Milk powder
- 🍪 Baking powder

## Method of Preparation

- 🍪 Make a powder of pearl millet, blend it with fat.
- 🍪 Add liquid glucose, sugar powder, milk powder and baking powder to it.
- 🍪 Knead it into a dough and make a small ball of it.
- 🍪 Bake it at 225 degree centigrade.

DEVELOPED BY  
Dr. Panjabrao Deshmukh Krishi Vidyapeeth, Akola

# SORGHUM COOKIES



**SHELF LIFE**  
6 months

**COST**  
Rs.150/kg

## Nutritional Information/100 grams

Energy	703 Kcal
Protein	12.4 gm
Total fat	70.6 gm
Calcium	149 mg
Iron	6.44 mg
Carbohydrate	108 gm



# SORGHUM COOKIES



## Target Group and Benefits

- 🍪 All age groups.

## Ingredients

- 🍪 Sorghum
- 🍪 Coconut
- 🍪 Margarine fat
- 🍪 Liquid glucose
- 🍪 Sugar powder
- 🍪 Milk powder
- 🍪 Baking powder

## Method of Preparation

- 🍪 Make a powder of sorghum, blend it with fat.
- 🍪 Add liquid glucose, sugar powder, milk powder, grated coconut and baking.
- 🍪 Knead it into a dough and make a small ball of it and bake it at 225 degree centigrade.

DEVELOPED BY  
Dr. Panjabrao Deshmukh Krishi Vidyapeeth, Akola

# MIXED MILLET COOKIES



**SHELF LIFE**  
6 months

**COST**  
NA

## Nutritional Information/100 grams

Energy	345 Kcal
Protein	13 gm
Total fat	53.2 gm
Calcium	248 mg
Iron	6.20 mg
Carbohydrate	105 gm
Total fibre	11.1 gm

# MIXED MILLET COOKIES



## Target Group and Benefits

- 🍪 All age groups.

## Ingredients

- 🍪 Sorghum
- 🍪 Pearl millet (Bajra)
- 🍪 Finger millet (Ragi)
- 🍪 Samai millet
- 🍪 Mixed herbs
- 🍪 Margrine fat
- 🍪 Liquid glucose
- 🍪 Sugar powder
- 🍪 Milk powder
- 🍪 Baking powder

## Method of Preparation

- 🍪 Make a powder of sorghum, pearl millet, finger millet, samai millet and blend it with fat.
- 🍪 Add liquid glucose, sugar powder and milk powder.
- 🍪 Knead it into a dough and make a small ball of it.
- 🍪 Bake it at 225 degree centigrade.

DEVELOPED BY  
Dr. Panjabrao Deshmukh Krishi Vidyapeeth, Akola



# SORGHUM SHEV



**SHELF LIFE**  
6 months

**COST**  
Rs. 250/kg

## Nutritional Information/100 grams

Energy	349 Kcal
Protein	10.4 gm
Total fat	11.2 gm
Calcium	25 mg
Iron	4.1 mg
Carbohydrate	73 gm
Total fibre	1.6 gm

# SORGHUM SHEV



## Target Group and Benefits

- 🍽️ All age groups.

## Ingredients

- 😊 Sorghum powder
- 😊 Red chilli powder
- 😊 Salt to taste
- 😊 Oil
- 😊 Cumin seeds
- 😊 Onum seeds

## Method of Preparation

- 🍽️ Sorghum is ground to a powder form.
- 🍽️ Mix with cumin seeds, red chilli powder, salt and onum seeds.
- 🍽️ Knead a dough by adding water.
- 🍽️ Put the dough in a shev maker and deep fry in oil.

DEVELOPED BY  
Dr. Panjabrao Deshmukh Krishi Vidyapeeth, Akola

# SORGHUM CHAKLI



**SHELF LIFE**  
6 months

**COST**  
Rs. 250/kg

## Nutritional Information/100 grams

Energy	349 Kcal
Protein	10.4 gm
Total fat	11.2 gm
Calcium	25 mg
Iron	4.1 mg
Carbohydrate	73 gm
Total fibre	1.6 gm



# SORGHUM CHAKLI



## Target Group and Benefits

- 🍲 All age groups.

## Ingredients

- 🍲 Sorghum powder
- 🍲 Red chilli powder
- 🍲 Salt to taste
- 🍲 Oil
- 🍲 Cumin seeds
- 🍲 Onum seeds
- 🍲 Sesame seeds

## Method of Preparation

- 🍲 Sorghum is ground to a powder form.
- 🍲 Mix with cumin seeds, red chilli powder, salt, onum seeds and sesame seeds.
- 🍲 Knead a dough by adding water.
- 🍲 Put the dough in a chakli maker and deep fry chaklis in oil.

DEVELOPED BY  
Dr. Panjabrao Deshmukh Krishi Vidyapeeth, Akola

# AMLA CANDY



**SHELF LIFE**  
2 months

**COST**  
Rs. 40/packet of  
200 gm

## Nutritional Information/100 grams

Energy	200 Kcal
Protein	1.4 gm
Vitamin C	500 mg

# AMLA CANDY



## Target Group and Benefits

- 🍽️ All age groups.
- 🍽️ Non diabetic individuals.
- 🍽️ Non obese individuals.
- 🍽️ It is the tastiest form in which amla can be consumed.
- 🍽️ It is rich in antioxidants that come from amla.

## Method of Preparation

- 🍽️ Amla is washed and then boiled in 100 ml water in a pressure cooker till one whistle.
- 🍽️ Then immediately amla is taken out and the segments (slices) are separated.
- 🍽️ In a container, layer is made of sugar, then a layer of amla and such 2-3 layers in total are made.
- 🍽️ It is kept for 3 days and is stirred 2 times a day with clean spoon.

## Ingredients

- 🍽️ Amla **1kg**
- 🍽️ Sugar **1kg**
- 🍽️ Black pepper powder **5g**
- 🍽️ Roasted cumin seeds powder **5g**
- 🍽️ Black salt **10g**
- 🍽️ Rock salt **10g**
- 🍽️ Powdered sugar **100g**

- 🍽️ Then the segments are taken out and sundried for 2-3 days and it is ensured that they remain soft.
- 🍽️ Black pepper powder, roasted cumin seeds powder, black salt, rock salt, and powdered sugar are then added in dried amla segments.
- 🍽️ The prepared candies are stored in an airtight container.

DEVELOPED BY  
Krishi Vigyan Kendra, Banasthali Vidyapith



# MORINGA BITES



**SHELF LIFE**  
1 month

**COST**  
Rs 5/packet

## Nutritional Information/100 grams

Energy	373 Kcal
Protein	25.2 gm
Calcium	687 mg
Iron	5.1 mg
Zinc	2.7 mg

# MORINGA BITES



## Target Group and Benefits

- 🍽 Geriatric population.
- 🍽 All age groups.
- 🍽 It is pre cooked, therefore, can be prepared easily any time, soft in texture when cooked.
- 🍽 Contains Moringa leaf powder which has nutritional benefits.
- 🍽 Low in cost.

## Method of Preparation

- 🍽 All powdered nutrients and whole wheat flour are taken in a bowl and dough is kneaded using water.
- 🍽 Small balls are made from the dough and they are rolled out on a rolling board. The bites are prepared by cutting them

## Ingredients

- 🍽 Soybean powder **5g**
- 🍽 Drumstick leaves powder **2.5g**
- 🍽 Gingelly seed powder **2.5g**
- 🍽 Skim milk powder **5g**
- 🍽 Whole wheat flour **10g**

**AMOUNT OF BITES PREPARED 25g**

in hemispheres with the help of round bottle cap.

- 🍽 Bites are allowed to dry in a shade.
- 🍽 They are then roasted, after cooling they are packed in an auto sealed sachet and stored in an air tight container.

DEVELOPED BY  
Department of Food Science and Nutrition, Banasthali  
Vidyapith

# CUMIN MUNCH



**SHELF LIFE**  
1 week

**COST**  
Rs 5/packet

## Nutritional Information/100 grams

Energy	416 Kcal
Protein	19.2 gm
Calcium	584 mg
Iron	6 mg
Zinc	3.4 mg



# CUMIN MUNCH



## Target Group and Benefits

- 🍽 Geriatric population.
- 🍽 All age groups.
- 🍽 It can be munched any time and is easy to chew.
- 🍽 It is tasty and nutrient dense.
- 🍽 It is a source of energy, protein, iron, calcium and zinc.
- 🍽 It aids in digestion.

## Method of Preparation

- 🍽 Soybean powder is roasted.
- 🍽 Jaggery is melted in a heavy metal pan. One tablespoon warm water is then added in it and it is allowed to cook on low to medium flame for 3-4 minutes with continuous stirring.

## Ingredients

- 🍽 Cumin powder **0.6g**
- 🍽 Soybean powder **2.5g**
- 🍽 Gingelly seed powder **1.9g**
- 🍽 Jaggery **3.1g**
- 🍽 Dried coconut powder **0.6g**
- 🍽 Skim milk powder **1.3g**

**AMOUNT OF CUMIN MUNCH PREPARED 10g**

- 🍽 After that, all ingredients are added one by one in it. They are gently mixed with the melted jaggery.
- 🍽 After 5-7 minutes, when mixture gets cooked, it is put on a greased tray.
- 🍽 Then it is cut into desired shapes using cutters.

DEVELOPED BY  
Department of Food Science and Nutrition, Banasthali  
Vidyapith

# AMLA SQUASH



**SHELF LIFE**  
6-8 months  
(refrigerated)

**COST**  
Rs. 100/bottle  
of 800 ml

## Nutritional Information/100 grams

Energy	203 Kcal
Protein	1.8 gm
Vitamin C	452 mg

# AMLA SQUASH



## Target Group and Benefits

- ☞ All age groups.
- ☞ Non diabetic individuals.
- ☞ It serves dual purpose: it can be mixed with warm water during winters and chilled during summer.
- ☞ It utilises the sugar syrup of other amla products, which otherwise goes waste.
- ☞ Those who use it daily have reported that it cleanses the GI system and alleviates indigestion.

## Method of Preparation

- ☞ Left out sugar syrup of amla candy or amla murabbas is cooked till it forms one string sugar syrup.
- ☞ Then it is cooled down and lemon juice, ginger juice and black salt is added properly into it.

## Ingredients

- ☞ Sugar syrup of amla candy or amla murabba **1 litre**
- ☞ Lemon juice **65ml**
- ☞ Ginger juice **5ml**
- ☞ Black salt **4g**

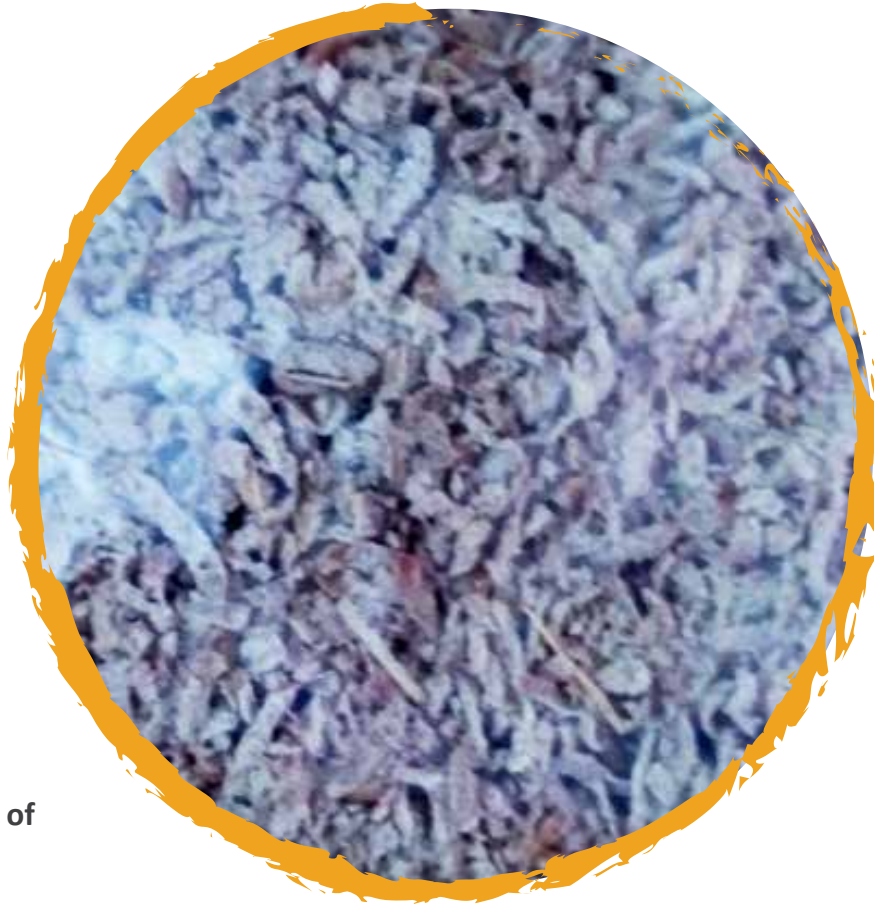
**AMOUNT OF SQUASH  
PREPARED- 1 Litre**

- ☞ The prepared squash is stored in a clean air tight bottle.

**DEVELOPED BY  
Krishi Vigyan Kendra, Banasthali Vidyapith**



# AMLA MOUTH FRESHENER



**SHELF LIFE**  
6-8 months

**COST**  
Rs. 20/packet of  
100g

## Nutritional Information/100 grams

Energy	77 Kcal
Protein	2.8 gm
Vitamin C	722 mg

# AMLA MOUTH FRESHENER



## Target Group and Benefits

- ☞ All age groups.
- ☞ Normotensive individuals.
- ☞ It is a nutritional substitute for popular mouth fresheners.
- ☞ It is rich in antioxidants that come from amla and source of many minerals that are a part of rock salt.

## Method of Preparation

- ☞ Amla is grated. Black cumin seeds and carom seeds are then grated to make the powder.
- ☞ The mixture of grated amla together with rock salt, black salt, black cumin seeds

## Ingredients

- ☞ Grated amla **1kg**
- ☞ Rock salt **50g**
- ☞ Black salt **10g**
- ☞ Black cumin seeds powder **20g**
- ☞ Carom seeds powder **20g**

**AMOUNT OF MOUTH FRESHENER PREPARED- 350g**

powder and carom seeds powder is then sundried.

- ☞ The prepared recipe is stored in an air tight container.

DEVELOPED BY  
Krishi Vigyan Kendra, Banasthali Vidyapith



# AMLA LADOO



## SHELF LIFE

1 month  
during  
winters  
6 months  
without  
garnishing  
with dried  
coconut  
powder

## COST

Rs. 140/Kg

## Nutritional Information/100 grams

Energy	233 Kcal
Protein	2.3 gm
Vitamin C	504 mg



# AMLA LADOO



## Target Group and Benefits

- 🍽️ All age groups.
- 🍽️ Non diabetic individuals.
- 🍽️ Non obese individuals.
- 🍽️ It is the tastiest form in which amla can be consumed.
- 🍽️ It is rich in energy and antioxidants that come from amla.

## Method of Preparation

- 🍽️ The grated amla is put in boiling water for 2 minutes and then taken out immediately.
- 🍽️ After straining it properly, sugar and citric acid is added to it.
- 🍽️ Then it is cooked in a steel utensil on a low flame until it gains a state of binding.

## Ingredients

- 🍽️ Grated amla **1kg**
- 🍽️ Sugar **500g**
- 🍽️ Citric acid **2g**
- 🍽️ Cardamom powder **5g**
- 🍽️ Dried coconut powder **100g**

**AMOUNT OF LADOOS  
PREPARED- 500g**

- 🍽️ When it cools down, cardamom powder is added and is given the shape of ladoos and garnished with dried coconut powder.
- 🍽️ Ladoos are then stored in an air tight container.

DEVELOPED BY  
Krishi Vigyan Kendra, Banasthali Vidyapith

# PEANUT BUTTER



**SHELF LIFE**  
3 months

**COST**  
Rs. 25 per cup  
(cost as per 2015)

## Nutritional Information/100 grams

Calories	540 Kcal
Protein	15 gm
Total fat	35 gm
Carbohydrate	45 gm

# PEANUT BUTTER



## Target Group and Benefits

- 🍵 Children aged 6-59 months.

## Method of Preparation

- 🍵 Sort and grind peanuts in to peanut butter.
- 🍵 Heat little portion of oil and add emulsifier to it and stir.
- 🍵 Mix the heated oil with remaining quantity of oil and peanut butter in planetary mixture.

## Ingredients

- 😊 Peanut Butter
- 😊 Skimmed milk powder
- 😊 Sugar
- 😊 Soya Oil
- 😊 Micro-Nutrient Premix
- 😊 Emulsifier

- 🍵 Add skimmed milk powder, powder sugar and micronutrients powder to it and mix well.
- 🍵 Homogenize the mixture by running it through peanut grinder.
- 🍵 Pack into 100 gm cups and label.

DEVELOPED BY  
CTARA, Indian Institute of Technology Bombay and  
Sion Hospital Mumbai



# SOY BASED HEALTH DRINK



## SHELF LIFE

6 hours  
at room  
temperature  
5 days at  
8-10°C

## COST

Rs. 5.3-5.5 per  
100ml

## Nutritional Information/100 grams

Energy	214 Kcal	Selenium	140 mg
Copper	3.3 mg	Vitamin A	1 mcg
Protein	6.5 gm	Vitamin B1	62.8 mg
Total fat	13.9 gm	Vitamin B2	0.4 mg
Calcium	48 mg	Vitamin B3	9.4 mg
Iron	14.6 mg	Vitamin B5	4.6 mg
Sodium	46.8 mg	Vitamin B6	2.7 mg
Vitamin C	51 mg	Vitamin B12	295.6 mcg
Phosphorus	105.1 mg	Vitamin D	240 mcg
Magnesium	52.9 mg	Vitamin E	15.5 mg
Zinc	9.5 mg	Vitamin K	148.2 mcg
		Folic acid	1218 mcg

# SOY BASED HEALTH DRINK



## Target Group and Benefits

- 6-24 months children.

## Method of Preparation

- Weigh all ingredients. Sort soyabeans manually.
- Wash under tap water. Soak for 12-14 hours. Dehull manually. Wash again under tap water.
- Dry soyabean in closed oven at 105°C for 5-6 hours to remove moisture.
- Roast at 100-140°C (soybeans) and 160-180°C (flaxseeds) using non-sticky Teflon pan on induction cooker for 5-10 min till specific aroma and colour is achieved.

## Ingredients

- Processed soybean flour
- Whole milk powder
- Flaxseed powder
- Soybean oil
- Sugar powder
- Nutrient pre-mix

- Grind soyabean and flaxseed using mixer-cum-grinder to get majority of the particle size below 200µm.
- Sieve using sieving membrane of size 500µm.
- Blend remaining ingredients using portable blender at speed of 12000 RPM for 2 minutes and 15000 RPM for 3 minutes with alternatively turning on and off for 40 and 20 seconds respectively.

DEVELOPED BY  
CTARA, Indian Institute of Technology, Bombay

# NON-MILK BASED FOOD

## SHELF LIFE

No effect on physical characteristics for 1 month at ambient conditions (30°C and 50% RH). Check for rancidity.

## COST

Rs. 10.35/sachet (Price of the proposed product is based only on the cost of ingredients and can further go down if manufactured on a large scale)



## Nutritional Information/100 grams

Energy	480 Kcal	Selenium	0 mg
Copper	2.3 mg	Vitamin A	5 mcg
Protein	16.5 gm	Vitamin B1	0.24 mg
Total fat	18.6 gm	Vitamin B2	0.13 mg
Calcium	690 mg	Niacin	2.7 mg
Iron	3.13 mg	Pantothenic acid	0.9 mg
Sodium	180 mg	Biotin	0.64 mcg
Vitamin C	134 mg	Vitamin B1 2	0.09 mcg
Phosphorus	216 mg	Vitamin D	1.71 mcg/IU
Magnesium	240 mg	Vitamin E	0.24 mcg
Zinc	4.7 mg	Vitamin K	2.54 mcg
Manganese	1.23 mg	Folic acid	117.22 mcg
Iodine	129 mcg	Potassium	800 mg



# NON-MILK BASED FOOD



## Target Group and Benefits

- 🍲 Children aged 6-59 months.

## Ingredients

- 🍲 Chickpea Flour
- 🍲 Sugar
- 🍲 Jaggery powder
- 🍲 Soy milk powder
- 🍲 Whey powder
- 🍲 Peanut paste
- 🍲 Desi ghee
- 🍲 Soybean oil
- 🍲 Cardamom powder

## Method of Preparation

- 🍲 Weigh all ingredients using digital weighing machine to ensure right proportion.
- 🍲 Roast peanut at 350 degrees for 15 minutes.
- 🍲 Note the moisture of roasted peanuts.
- 🍲 Grind peanut into a fine paste in electric cum mixer grinder.
- 🍲 Set the Skillet on medium low heat and pour chickpea flour in it.
- 🍲 Stir continuously to prevent the flour from burning and sticking to the bottom of the pan.
- 🍲 Cook for 15 mins at 350 degrees or more until a light brown colour is obtained.
- 🍲 Remove from the heat source, and stir continuously for some time to prevent further cooking in the hot pan.
- 🍲 First add oil and mix remaining ingredients one at a time using mixer grinder to obtain a consistent paste.

DEVELOPED BY  
Indian Institute of Technology Bombay

# NUTRITIOUS NANKHATAIS



**SHELF LIFE**  
2 months  
at room  
temperature

**COST**  
Rs. 70 – Rs. 90  
per 100g

## Nutritional Information/100 grams

Energy	545 Kcal
Carbohydrate	41 gm
Protein	16.2 gm
Total fat	35.3 gm

# NUTRITIOUS NANKHATAIS



## Target Group and Benefits

- 🍲 Children aged 25-60 months.

## Ingredients

- 🍲 Wheat
- 🍲 Milk powder
- 🍲 Soy
- 🍲 Oil
- 🍲 Sugar
- 🍲 Cardamom
- 🍲 Baking powder
- 🍲 Micronutrient Premix

## Method of Preparation

- 🍲 Keep all the ingredients ready in the weighed quantity.
- 🍲 Preheat oven at 180°C for 10 minutes.
- 🍲 Sieve sugar (powdered) and baking powder in a pan.
- 🍲 Add oil to the sieved mixture and mix in uni-direction to get thin paste.
- 🍲 Add sieved wheat flour, soy flour and micronutrient powder into the sugar paste along with powdered cardamom and make dough.
- 🍲 Make small dumplings of equal size and bake at 180°C for 20 minutes till light brown.
- 🍲 Cool the product and pack as per the recommended weight.

DEVELOPED BY  
CTARA, Indian Institute of Technology Bombay and  
Sion Hospital Mumbai



# MULTIGRAIN FLOUR PASTE



## SHELF LIFE

2 months  
at room  
temperature

## COST

Rs. 70 – Rs. 90  
per 100g

## Nutritional Information/100 grams

Energy	565 Kcal
Carbohydrate	40 gm
Protein	19.1 gm
Total fat	36.4 gm

# MULTIGRAIN FLOUR PASTE



## Target Group and Benefits

- 🍲 For 6-60 months aged children.

## Ingredients

- 🍲 Wheat
- 🍲 Ragi
- 🍲 Bajra
- 🍲 Soyabean
- 🍲 Milk powder
- 🍲 Jaggery
- 🍲 Oil
- 🍲 Micronutrient Premix

## Method of Preparation

- 🍲 Keep all the ingredients ready in the weighed quantity.
- 🍲 Roast all the flours separately at 120-160°C (until you get a roasted aroma) for 5-10 minutes.
- 🍲 Allow the flours to cool.
- 🍲 Grate jaggery and in a blender mix grated jaggery and oil, till it becomes a thin paste.
- 🍲 Mix in a spoon of flours, milk powder and micronutrient premix at a time and blend till it becomes a homogenous thin paste.
- 🍲 Cool the product and pack as per the recommended weight.

Note: The particle size has to be <200µm.

DEVELOPED BY  
CTARA, Indian Institute of Technology Bombay and  
Sion Hospital Mumbai

# MATHRI



**SHELF LIFE**  
2 months  
at room  
temperature

**COST**  
Rs. 70 – Rs. 90  
per 100g

## Nutritional Information/100 grams

Energy	512 Kcal
Carbohydrate	42 gm
Protein	20.6 gm
Total fat	29.2 gm



# MATHRI



## Target Group and Benefits

- 🍲 For 25-60 months aged children.

## Ingredients

- 🍲 Wheat flour
- 🍲 Chana flour
- 🍲 Soya bean
- 🍲 Sesame
- 🍲 Oil
- 🍲 Salt
- 🍲 Pepper
- 🍲 Ajwain
- 🍲 Turmeric
- 🍲 Red Chilli Powder
- 🍲 Micro-Nutrient Premix

## Method of Preparation

- 🍲 Keep all the ingredients ready in the weighed quantity.
- 🍲 Sieve wheat flour and add hot oil (7.5 ml) into the flour.
- 🍲 Add salt, turmeric powder, red chilli powder, and black pepper powder, ajwain, micro-nutrients. Knead stiff dough using water as required.
- 🍲 Cover it with a muslin cloth and keep aside for 5 minutes.
- 🍲 Roll small thin mathris of equal size and make perforations on it using fork.
- 🍲 Heat oil in a pan and fry mathris till golden brown.
- 🍲 Cool the product and pack as per the recommended weight.

DEVELOPED BY  
CTARA, Indian Institute of Technology Bombay and  
Sion Hospital Mumbai

# SHAKARPARA



**SHELF LIFE**  
2 months  
at room  
temperature

**COST**  
Rs. 70 – Rs. 90  
per 100g

## Nutritional Information/100 grams

Energy	521 Kcal
Carbohydrate	38 gm
Protein	24.7 gm
Total fat	30 gm

# SHAKARPARA



## Target Group and Benefits

- 🍲 For 25-60 months aged children.

## Method of Preparation

- 🍲 Keep all the ingredients ready in the weighed quantity.
- 🍲 Dissolve the sugar by adding powdered sugar in 50ml boiling water.
- 🍲 Sieve wheat flour and micronutrient premix together. Add hot oil (10 ml) to the sieved flour.

## Ingredients

- 🍲 Wheat flour
  - 🍲 Milk powder (whole)
  - 🍲 Sugar
  - 🍲 Oil
  - 🍲 Salt
  - 🍲 Baking powder
  - 🍲 Micronutrient Premix
- 
- 🍲 Knead dough using sugar syrup.
  - 🍲 Keep aside for 5 minutes.
  - 🍲 Roll out ½-1 cm thick roti out of the dough and cut shakarparas.
  - 🍲 Heat oil in pan and fry all shakarparas.
  - 🍲 Cool the product and pack as per the recommended weight.

DEVELOPED BY  
CTARA, Indian Institute of Technology Bombay and  
Sion Hospital Mumbai



# UPMA PREMIX



## SHELF LIFE

2 months  
at room  
temperature

## COST

Rs. 70 – Rs. 90  
per 100g

## Nutritional Information/100 grams

Energy	519 Kcal
Carbohydrate	51 gm
Protein	15.7 gm
Total fat	28.2 gm

# UPMA PREMIX



## Target Group and Benefits

- 🍲 For 6-60 months aged children.

## Method of Preparation

- 🍲 Keep all the ingredients ready in the weighed quantity.
- 🍲 Dry roast groundnuts, semolina and soya bean flour separately in a pan and keep aside.
- 🍲 Grind the roasted groundnuts into a fine powder.

## Ingredients

- 🍲 Suji (semolina)
- 🍲 Soyabean flour
- 🍲 Peanuts
- 🍲 Oil
- 🍲 Sugar
- 🍲 Rai (Mustard seeds)
- 🍲 Salt
- 🍲 Turmeric powder
- 🍲 Micronutrient Premix

- 🍲 Heat oil in a pan.
- 🍲 Add mustard (let it splutter) and then add turmeric, salt, soy flour and semolina and stir for 5 -10 minutes.
- 🍲 Allow it to cool and add micro-nutrients in it.
- 🍲 Pack as per the recommended weight.

DEVELOPED BY  
CTARA, Indian Institute of Technology Bombay and  
Sion Hospital Mumbai

# LADOO PREMIX



**SHELF LIFE**  
2 months  
at room  
temperature

**COST**  
Rs. 70 – Rs. 90  
per 100g

## Nutritional Information/100 grams

Energy	522 Kcal
Carbohydrate	53 gm
Protein	15.8 gm
Total fat	27.4 gm



# LADOO PREMIX



## Target Group and Benefits

- 🍲 For 6-60 months aged children.

## Ingredients

- 🍲 Wheat flour
- 🍲 Ragi flour
- 🍲 Soya flour
- 🍲 Sugar
- 🍲 Milk powder
- 🍲 Fat
- 🍲 Cardamom
- 🍲 Micronutrient Premix

## Method of Preparation

- 🍲 Keep all the ingredients ready in the weighed quantity.
- 🍲 Roast all other flours (wheat flour, ragi flour and soya flour), sieve and keep aside.
- 🍲 Mix milk powder, sugar and cardamom powder and sieve it in the flours.
- 🍲 Heat oil in a pan and mix all the dry ingredients and roast in oil for 10 minutes till roasted aroma is achieved.
- 🍲 Allow it to cool and add micronutrients in it.
- 🍲 Pack as per the recommended weight.

Note: The particle size has to be <math><200\mu\text{m}</math>.

DEVELOPED BY  
CTARA, Indian Institute of Technology Bombay and  
Sion Hospital Mumbai

# ZHUNKA PREMIX



## SHELF LIFE

2 months  
at room  
temperature

## COST

Rs. 70 – Rs. 90  
per 100g

## Nutritional Information/100 grams

Energy	531 Kcal
Carbohydrate	34 gm
Protein	23.8 gm
Total fat	33.1 gm

# ZHUNKA PREMIX



## Target Group and Benefits

- 🍲 For 6-60 months aged children.

## Ingredients

- 🍲 Gram flour
- 🍲 Soyabean flour
- 🍲 Groundnut
- 🍲 Oil
- 🍲 Mustard
- 🍲 Turmeric powder
- 🍲 Red chilli powder
- 🍲 Garlic
- 🍲 Salt
- 🍲 Micronutrient Premix

## Method of Preparation

- 🍲 Keep all the ingredients ready in the weighed quantity.
- 🍲 Roast the flours and groundnuts separately.
- 🍲 Grind the roasted groundnuts into a coarse powder.
- 🍲 Heat oil in a pan, add mustard (let it splutter) and chopped garlic and groundnuts to it.
- 🍲 Add turmeric, red chillies and add salt.
- 🍲 Add all the flours and roast for 5 minutes.
- 🍲 Allow it to cool and add micronutrients.
- 🍲 Pack as per the recommended weight.

DEVELOPED BY  
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Sion Hospital Mumbai



# WHEAT PORRIDGE PREMIX



## SHELF LIFE

2 months  
at room  
temperature

## COST

Rs. 70 – Rs. 90  
per 100g

## Nutritional Information/100 grams

Energy	513 Kcal
Carbohydrate	49 gm
Protein	16.9 gm
Total fat	27.6 gm

# WHEAT PORRIDGE PREMIX



## Target Group and Benefits

- 🍲 For 6-24 months aged children.

## Method of Preparation

- 🍲 Keep all the ingredients ready in the weighed quantity.
- 🍲 Roast the wheat flour and peanuts separately.
- 🍲 Grind the roasted groundnuts into a fine powder and keep aside.

## Ingredients

- 🍲 Wheat
- 🍲 Groundnut
- 🍲 Milk powder
- 🍲 Sugar
- 🍲 Oil
- 🍲 Micronutrient Premix

- 🍲 Heat oil, add peanuts, sugar and milk powder and roast for 5 minutes.
- 🍲 Allow it to cool and add Micronutrients.
- 🍲 Pack as per the recommended weight.

Note: The particle size has to be <math><200\mu\text{m}</math>.

DEVELOPED BY  
CTARA, Indian Institute of Technology Bombay and  
Sion Hospital Mumbai

# KHEER PREMIX



## SHELF LIFE

2 months  
at room  
temperature

## COST

Rs. 70 – Rs. 90  
per 100g

## Nutritional Information/100 grams

Energy	423 Kcal
Carbohydrate	66 gm
Protein	18.9 gm
Total fat	9.3 gm



# KHEER PREMIX



## Target Group and Benefits

- 🍲 For 6-24 months aged children.

## Method of Preparation

- 🍲 Keep all the ingredients ready in the weighed quantity.
- 🍲 Roast the rice.
- 🍲 Grind the rice, milk powder and sugar into a fine powder.

## Ingredients

- 🍲 Rice
- 🍲 Milk powder (whole)
- 🍲 Sugar
- 🍲 Oil
- 🍲 Micronutrient Premix

- 🍲 Heat oil, add the powdered mixture and roast for 5 minutes.
- 🍲 Allow it to cool and add micronutrients.
- 🍲 Pack as per the recommended weight.

Note: The particle size has to be <math><200\mu\text{m}</math>.

DEVELOPED BY  
CTARA, Indian Institute of Technology Bombay and  
Sion Hospital Mumbai

# RAGI PORRIDGE PREMIX



**SHELF LIFE**  
2 months  
at room  
temperature

**COST**  
Rs. 70 – Rs. 90  
per 100g

## Nutritional Information/100 grams

Energy	452 Kcal
Carbohydrate	65 gm
Protein	16.5 gm
Total fat	14.1 gm

# RAGI PORRIDGE PREMIX



## Target Group and Benefits

- 🍲 For 6-24 months aged children.

## Method of Preparation

- 🍲 Keep all the ingredients ready in the weighed quantity.
- 🍲 Germinate whole ragi.
- 🍲 Dry roast the sprouted ragi. Once dry, grind it into a fine powder.

## Ingredients

- 🍲 Malted ragi
- 🍲 Milk powder (whole)
- 🍲 Roasted groundnut
- 🍲 Sugar
- 🍲 Oil
- 🍲 Micronutrient Premix

- 🍲 Heat oil in a pan, add malted ragi flour and roast for 2 minutes.
- 🍲 Then add all the ingredients and roast for another 5 minutes.
- 🍲 Allow it to cool and add micronutrients & pack as per the recommended weight.

Note: The particle size has to be <math><200\mu\text{m}</math>.

DEVELOPED BY  
CTARA, Indian Institute of Technology Bombay and  
Sion Hospital Mumbai



# MILK AND CURD

(fortified with Iron, VitB12, VitC and folic acid using nano-encapsulation technologies)



## SHELF LIFE

Not determined yet

## COST

Not determined yet

## Nutritional Information/100 grams

Iron	9 mg
Folate	58 mcg
Vitamin B1 2	0.33 mcg
Vitamin C	2 mg

In addition to nutrients found in standard milk and curd

# MILK AND CURD

(fortified with Iron, VitB12, VitC and folic acid using nano-encapsulation technologies)



## Target Group and Benefits

- 🍽 Tribal adolescent girls of Maharashtra.
- 🍽 The fortified food is expected to result in an increase in the haemoglobin levels of the target group.

## Method of Preparation

- 🍽 Lipids were used at a concentration of 10 mg/ml.
- 🍽 The ratio of soy phosphatidylcholine: oleic acid was maintained at 9:1.
- 🍽 This mixture was then heated on a hot plate at a temperature of 45-50°C.
- 🍽 50 ml of buffer (as needed) was prepared and 100 mg of the micronutrient was added to it. The solution was then slowly added to the mixture of lipids and allowed to form slurry by constant stirring at 800-900 rpm.

## Ingredients

- 🍽 Ferrous bisglycinate
- 🍽 Vitamin B12
- 🍽 Ascorbic acid
- 🍽 Folic acid
- 🍽 Soya-phosphatidylcholine
- 🍽 Oleic Acid

After the nano-encapsulated product is made, it is spray dried and mixed with milk and curd

- 🍽 Solution was then homogenized using an Ultra-Turrax T25 homogenizer at 9000 rpm, for 20-25 minutes with intervals in between. Once homogenized, the solution was centrifuged to obtain the liposome pellet.
- 🍽 The final product mixture was obtained after spray drying.
- 🍽 This can be easily mixed with milk and curd, no changes in taste, colour or odour was observed.

DEVELOPED BY  
Indian Institute of Technology, Bombay





# SOUTH INDIA RECIPES



# $\beta$ -CAROTENE AND MINERAL FORTIFIED BUNS



## SHELF LIFE

1 week  
at room  
temperature

## COST

Rs. 2.0/ bun  
(subject to  
inflation)

## Nutritional Information/100 grams

Energy	260 kcal
Protein	7.4 gm
Total fat	6.2 gm
Iron	6.7 mg
Zinc	4.0 mg
$\beta$ -carotene	850 mcg



# $\beta$ -CAROTENE AND MINERAL FORTIFIED BUNS



## Target Group and Benefits

- 🍞 Children (2-10Y).
- 🍞 The product is highly liked by children, it is a micronutrient fortified product with enhanced bioaccessibility.
- 🍞 This will help in alleviation of iron, zinc and vitamin A deficiencies.

## Ingredients

- 🍞 Wheat flour
- 🍞 Compressed yeast
- 🍞 Sugar powder
- 🍞 Salt
- 🍞 Fat (vanaspati)
- 🍞 Redpalm oil
- 🍞 Dry gluten powder
- 🍞 Calcium propionate
- 🍞 Acetic acid

## Method of Preparation

- 🍞 The ingredients are weighed and mixed till a well developed dough is formed.
- 🍞 The nutritious bun dough is fermented for 90 min. at 30 °C and 75 % RH and is remixed.
- 🍞 The dough is scaled to 65 g dough pieces.
- 🍞 Then the dough pieces are rounded, proofed (60 – 80 min, 30 °C, 85 % RH) and baked at 200 °C for 15 min. The buns are cooled for 2 –3 hours and packed.

DEVELOPED BY  
CSIR-Central Food Technological Research Institute,  
Mysore



# BIFIDOBACTERIA ENRICHED SOYA CURD



## SHELF LIFE

4 days

## COST

Rs. 165.19/litre

## Nutritional Information/100 grams

Energy

**48** Kcal

Protein

**4.5** gm

Calcium

**71** mg

Iron

**9.84** mg

Sodium

**44.0** mg

Zinc

**0.49** mg

Potassium

**212** mg

Magnesium

**21.3** mg

Carbohydrate

**6** gm

# BIFIDOBACTERIA ENRICHED SOYA CURD



## Target Group and Benefits

- ☞ General population.
- ☞ Replenish the count of bifidobacteria (responsible for maintaining the host health and prevent disorders).

## Method of Preparation

- ☞ *B. breve* CFR142 activated from frozen stock by 2 successive subculturing in MRS (de Mann Rogasa Sharpe) broth containing 0.05% cysteine hydrochloride and incubating under anaerobic conditions at 37° C for 24 hrs.
- ☞ Microbiological media and chemicals used in the study procured from Hi Media Pvt. Ltd, Mumbai, India.

## Ingredients

- ☞ Soymilk
  - ☞ Skim milk
  - ☞ Sucrose
- ☞ Primary inoculum development: Freshly grown culture was centrifuged and pellet was inoculated in Skim milk (10%) containing 0.5% sucrose and incubating for 4-5hrs at 37°C.
  - ☞ Fermentation Process: Primary inoculum prepared was centrifuged and pellet was inoculated in 75% (v/v) Soymilk: 25% (w/v) skim milk combination medium. Fermentation was carried out at 37°C for 6-8 hrs.

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# CALCIUM RICH READY-TO-EAT FORMULATION

(phyto-cal)



**SHELF LIFE**  
6 months

**COST**  
Being done

## Nutritional Information/100 grams

Protein	15 gm
Dietary fiber	40.6 gm
Calcium	890 mg
Iron	10 mg



# CALCIUM RICH READY-TO-EAT FORMULATION

(phyto-cal)



## Target Group and Benefits

- ☞ The formulation is a natural plant based calcium source. It is a ready-to-use product in powder form, suitable as a food ingredient in different cuisines.
- ☞ Formulation can be used as such, or can be appropriately modified to be used as a spread, or can be incorporated in any traditional or contemporary food products suitably.
- ☞ The mineral and fibre rich formulation can also be used to replace (50%) wheat partially in bakery products like cake.

## Method of Preparation

- ☞ Unit operation involved are pulverising, sieving, mixing, drum drying, etc.
- ☞ The finger millet seed coat and rice are blended together. Appropriately processed to reduce the particle size and antinutrients like phytic acid.
- ☞ The blend is drum dried to obtain a RTE calcium rich formulation.

## Ingredients

- ☞ Malted finger millet seed coat
- ☞ Rice bran

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Mysore

# FORTIFIED MANGO BAR



**SHELF LIFE**  
6 months

**COST**  
Rs. 33/- per 100g

## Nutritional Information/100 grams

Energy	210 Kcal
Protein	1.3 gm
Carbohydrate	53 gm

# FORTIFIED MANGO BAR



## Target Group and Benefits

- 🍽️ Pre-school children at Anganwadis.
- 🍽️ School going children.
- 🍽️ Can be used as a snack in school meal programmes.

## Method of Preparation

- 🍽️ Mango pulp is extracted from mature ripe mangoes and the pulp is pretreated.
- 🍽️ Mango pulp is blended with sugar, carrot and permitted class II preservative.

## Ingredients

- 🍽️ Mango pulp
- 🍽️ Carrot
- 🍽️ Sugar
- 🍽️ Food acidulant
- 🍽️ Permitted class II preservative

- 🍽️ The homogenized pulp is dehydrated under controlled conditions to obtain fortified mango bar.
- 🍽️ The fortified mango bar is cut and packed in food grade flexible packaging material.

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CSIR-Central Food Technological Research Institute,  
Mysore



# SESAME BASED NUTRITIOUS SUPPLEMENT



## SHELF LIFE

Eight months in PET bottles and up to 1 year in glass bottles at normal conditions of storage (65% RH and 27°C).

## COST

Rs. 300 per Kg (subject to inflation)

## Nutritional Information/100 grams

Energy	543 Kcal
Protein	19 gm
Total fat	37 gm

# SESAME BASED NUTRITIOUS SUPPLEMENT



## Target Group and Benefits

- 🍯 This supplement is formulated for children.
- 🍯 The product is a high protein and calorie dense product with balanced amino acids and fatty acid. The PDCAAS score of the product is 0.74.

## Method of Preparation

- 🍯 Good quality dehulled sesame seeds are precleaned to remove foreign matter, such as stones and chaff, before roasting.
- 🍯 Roasting is done till it emits a good aroma at 120°C for 5-6 min in a rotary hot air roaster.
- 🍯 Roasted seeds (37%) are ground into a paste in a colloid mill and mixed with

## Ingredients

- 🍯 Sesame seeds
- 🍯 Whey protein concentrate
- 🍯 Palmolein oil
- 🍯 Lecithin
- 🍯 Sugar
- 🍯 Specialty fat
- 🍯 BHA

powdered sugar (26%), whey protein (16%), refined palmolein oil (21%) in a homogenizer for 5-10 min.

- 🍯 Then specialty fat (1%) melted in a portion of refined oil and lecithin (0.5% of mass) also melted in refined oil and BHA (0.02% of fat) is added to the homogenized mix and mixed for a while and stored in air tight containers and kept at room temperature.

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CSIR-Central Food Technological Research Institute,  
Mysore



# HIGH PROTEIN BISCUITS



**SHELF LIFE**  
5 months

**COST**  
NA

## Nutritional Information/100 grams

Protein	14 gm
Total fat	13 gm
Carbohydrate	70 gm



# HIGH PROTEIN BISCUITS



## Target Group and Benefits

- 🍪 Biscuits are easy to use during travel or at home because of its availability.
- 🍪 Biscuits apart from offering good taste, is a snack item with substantial energy having wholesome and nutritious quality at affordable prices and good shelf life.
- 🍪 The biscuits can be used in the programmes of State/Central Governments.

## Method of Preparation

- 🍪 High protein biscuits are made from soft dough based on creaming method and processed in rotary moulder.

## Ingredients

- 🍪 Wheat flour
- 🍪 Soya protein
- 🍪 Sugar
- 🍪 Fat
- 🍪 Salt
- 🍪 Skimmed milk powder
- 🍪 Leavening agents

- 🍪 The biscuits are baked in the continuous tunnel type oven as followed for sweet soft dough type biscuits, cooled and packed.

DEVELOPED BY  
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Mysore

# MULTIGRAIN BASED LOW-FAT FORTIFIED SNACK



**SHELF LIFE**  
6 months

**COST**  
Rs. 75.5/kg

## Nutritional Information/100 grams

Energy

**389** Kcal

Protein

**13.8** gm

Total fat

**4** gm

Carbohydrate

**74** gm

Vitamin A

**2162** IU

Vitamin C

**24** mg

Thiamin

**1.04** mg

Riboflavin

**1.12** mg

Niacin

**14.4** mg

Folic acid

**924** µg

Iron

**11.8** mg

Zinc

**6.8** mg

Calcium

**7** mg

# MULTIGRAIN BASED LOW-FAT FORTIFIED SNACK



## Target Group and Benefits

- 🍲 The product can be consumed as anytime snack for all age groups.
- 🍲 The product is a RTE crisp puffed snack.
- 🍲 The product is low fat and can be fortified with vitamin and mineral mix and flavoured to desired taste.

## Method of Preparation

- 🍲 Unit operation involved are pulverising, sieving, mixing extruding, toasting, coating and packaging.
- 🍲 The grains are partially gelatinized and blended together.

## Ingredients

- 🍲 Parboiled broken rice
- 🍲 Sorghum
- 🍲 Defatted soy flour
- 🍲 Green gram dhal gelatinised starch flour
- 🍲 Salt

- 🍲 The moist powdery material is then extruded and cut to 1-2 cm.
- 🍲 The flakes are toasted to obtain a RTE crisp puffed snack.
- 🍲 The toasted flakes are then coated with vitamin and mineral mix.

DEVELOPED BY  
Central Food Technological Research Institute, Mysore



# ENERGY FOOD (NEW FORMULATION)



**SHELF LIFE**  
Six months  
at room  
temperature

**COST**  
Rs. 50 per Kg  
(subject to  
inflation)

## Nutritional Information/100 grams

Energy	360 Kcal
Protein	15.8 gm
Total fat	2.5 gm
Iron	6.0 mg
Vitamin A	2000 IU

# ENERGY FOOD (NEW FORMULATION)



## Target Group and Benefits

- ☞ Pre-school children, Pregnant and lactating mothers.
- ☞ Energy food is a ready to eat food formulation in powder form.
- ☞ This is fortified with micronutrients.
- ☞ This is an almost ready to eat food and does not need extensive cooking at the point of distribution and consumption.
- ☞ Production of 'Energy Food', requires simple processing steps.

## Method of Preparation

- ☞ The process consists mainly of pre-cleaning all the raw materials, roasting under optimal conditions, powdering them to the required mesh size and mixing with sugar and micronutrients.

## Ingredients

- ☞ Roasted wheat flour
- ☞ Malted jowar flour
- ☞ Defatted and toasted soya flour
- ☞ Roasted Bengal gram flour
- ☞ Cane sugar
- ☞ Calcium carbonate
- ☞ Ferrous sulphate
- ☞ Vitamin premix

- ☞ The product is homogenised under hygienic conditions and packed in air tight containers.
- ☞ The beneficiaries, namely mothers and children, are advised to mix the food in water and consume the same in the form of gruel or laddu.

DEVELOPED BY  
CSIR-Central Food Technological Research Institute,  
Mysore



# PAUSHTIK ATTA



**SHELF LIFE**  
4 months  
(27°C)

**COST**  
Rs. 35 per Kg  
(subject to inflation)

## Nutritional Information/100 grams

Energy	340 Kcal
Protein	15 gm
Total fat	2.5 gm
Iron	6 mg
Zinc	3 mg
Calcium	129 mg
Riboflavin	58.3 mg



# PAUSHTIK ATTA



## Target Group and Benefits

- ☞ People who are subjected to micronutrient deficiencies can consume this.
- ☞ Paushtik atta is a nutritive product prepared by blending wheat flour and soy flour fortified with vitamins and minerals to enhance the nutritional quality of the product.
- ☞ Common salt is added to improve the taste of the product. Paushtik atta is acceptable as whole wheat flour for common food preparation.
- ☞ It contains higher amount of proteins 15% as compared to whole wheat flour (12%).
- ☞ It can be used for the preparation of puri, phulka, parantha and chapatis in the same way as ordinary atta.

## Ingredients

- ☞ Whole wheat
- ☞ Defatted soya flour
- ☞ Calcium carbonate
- ☞ Vitamin premix
- ☞ Common salt

## Method of Preparation

- ☞ Wheat was cleaned of extraneous matter and milled and blended with defatted soya flour and micronutrients and packed in air tight containers

DEVELOPED BY  
CSIR- Central Food Technological Research Institute,  
Mysore

# KOKUM JELLY CANDY



**SHELF LIFE**  
8 -10 months

**COST**  
Technology transfer  
cost: Rs. 50,000/-

## Nutritional Information/100 grams

Energy	345 Kcal
Protein	0.1 %
Total fat	0.1 %
Carbohydrate	86.2 %
Vitamin C	40 mg

# KOKUM JELLY CANDY



## Target Group and Benefits

- ☞ These jelly candies are aimed towards children whose diet requires high calories.
- ☞ The product does not contain synthetic/artificial colour, flavour, acidulant, and hazardous food additives.

## Method of Preparation

- ☞ Extraction of juice from the dried kokum rind by soaking in water.
- ☞ Boiling the juice with sugar, pectin and liquid glucose till end point.
- ☞ Pouring the mass on cold SS surface.

## Ingredients

- ☞ Dried Kokum rinds
- ☞ Water
- ☞ Sugar
- ☞ Liquid glucose
- ☞ Pectin

- ☞ Allowing to cool and set gel.
- ☞ Cutting into desired shapes and sizes.
- ☞ Packing the pieces in BOPP or Cellophane.

DEVELOPED BY  
CSIR-Central Food Technological Research Institute,  
Mysore



# READY-TO-COOK JOWAR MEAL



**SHELF LIFE**  
4 months

**COST**  
Rs. 65/- per kg

## Nutritional Information/100 grams

Energy	350 Kcal
Protein	12 gm
Carbohydrates	60 gm
Total fat	6.5 gm
Crude Fiber	2.43 gm
Calcium	54 mg
Iron	4 mg

# READY-TO-COOK JOWAR MEAL



## Target Group and Benefits

- ☺ Children (3-5 years), Adolescent girls, Pregnant women and Lactating mothers.
- ☺ Delivers health benefitting properties of sorghum in combination with pulses and oilseeds as a source of quality protein and fat.
- ☺ Spices and condiments are added to the product to suit the pallet of the target beneficiaries.
- ☺ The key ingredients are taken through a controlled processing to enhance digestibility, reduce anti-nutrients and enhance the bioavailability of micronutrients.
- ☺ The product delivers approximately 350 Kcal of energy per 100 gm of the product.

## Method of Preparation

- ☺ The product is a ready-to-cook breakfast mix.
- ☺ To 1 part of the mix add 4-5 parts of the boiling water. Cook for 15 minutes. Serve hot.

DEVELOPED BY  
International Crops Research Institute for the Semi-Arid Tropics (ICRISAT)



# READY-TO-COOK MULTIGRAIN MEAL



**SHELF LIFE**  
4 months

**COST**  
Rs. 85/- per kg

## Nutritional Information/100 grams

Energy	326 Kcal
Protein	14.2 gm
Carbohydrates	62 gm
Total fat	2.5 gm
Crude Fiber	3.5 gm
Calcium	81 mg
Iron	3.67 mg



# READY-TO-COOK MULTIGRAIN MEAL



## Target Group and Benefits

- ☺ Children (3-5 years), Adolescent girls, Pregnant women and Lactating mothers.
- ☺ Delivers health benefitting properties of sorghum and foxtail millet along with green gram as a source of quality protein.
- ☺ Spices and condiments are added to the product to suit to the pallet of the target beneficiaries.
- ☺ The key ingredients are taken through a controlled processing to enhance digestibility, reduce anti-nutrients and enhance the bioavailability of micronutrients.
- ☺ The product delivers approximately 326 Kcal of energy per 100 gm of the product.

## Method of Preparation

- ☺ The product is a ready-to-cook breakfast mix.
- ☺ To 1 part of the mix add 4-5 parts of the boiling water. Cook for 15 minutes. Serve hot.

DEVELOPED BY  
International Crops Research Institute for the Semi-Arid Tropics (ICRISAT)

# NUTRI-COOKIES



**SHELF LIFE**  
4 months

**COST**  
Rs. 170/- per kg

## Nutritional Information/100 grams

Energy	445 Kcal
Protein	6 gm
Carbohydrates	58 gm
Total fat	20 gm
Calcium	69 mg
Iron	1.8 mg



# NUTRI-COOKIES



## Target Group and Benefits

- 🍪 Children (3-5 years), Adolescent girls, Pregnant women, Lactating mothers.
- 🍪 The product promotes the consumption of millets in a convenient and acceptable format and ultimately improve the dietary diversity of target beneficiaries (tribal population, especially women and children) using the health benefitting properties of sorghum and finger millet along with barley and soya.
- 🍪 The product delivers 445 Kcal of energy per 100 gm of the product.

## Ingredients

- 🍪 Sorghum
- 🍪 Finger millet
- 🍪 Barley
- 🍪 Soya
- 🍪 Vegetable fat
- 🍪 Sugar

## Method of Preparation

- 🍪 Can be consumed directly.

DEVELOPED BY  
International Crops Research Institute for the Semi-Arid Tropics (ICRISAT)



# MILLET CHIKKI



**SHELF LIFE**  
3 months

**COST**  
Rs. 220/- per kg

## Nutritional Information/100 grams

Energy	500 Kcal
Protein	12.3 gm
Carbohydrates	61 gm
Total fat	22.8 gm
Calcium	100 mg
Iron	3.1 mg

# MILLET CHIKKI



## Target Group and Benefits

- 🍽️ Children (3-5 years), Adolescent girls, Pregnant women, Lactating mothers.
- 🍽️ Benefits: The product promotes the consumption of millets in a convenient and acceptable format and ultimately improve the dietary diversity of target beneficiaries (tribal population, especially women and children) using the health benefitting properties of millets along with ground nut, sesame and jaggery.
- 🍽️ The product delivers approximately 500 Kcal of energy per 100 gm of the product.

## Method of Preparation

- 🍽️ The product is a ready-to-eat and energy dense bar and can be consumed directly.

## Ingredients

- 🍽️ Pearl millet
- 🍽️ Groundnut
- 🍽️ Sesame
- 🍽️ Jaggery
- 🍽️ Sugar
- 🍽️ Liquid glucose

DEVELOPED BY  
International Crops Research Institute for the Semi-Arid Tropics (ICRISAT)

# GARDEN CRESS LADOO

IMAGE NOT  
PROVIDED

**SHELF LIFE**  
7 days

**COST**  
Rs. 1/-

## Nutritional Information/100 grams

Protein

**15.7** gm

Carbohydrates

**62** gm

Iron

**22.28** mg



# GARDEN CRESS LADOO

IMAGE NOT PROVIDED

## Target Group and Benefits

- Adolescent girls (10-19 yrs) from lower socio economic group.

## Method of Preparation

- Roast the Garden cress seeds and ground nuts and pulverize to coarse powder.

## Ingredients

- Garden cress seeds
- Ground nuts
- Jaggery
- Ghee

- Jaggery should be made into fine powder and mixture should be mixed homogeneously.
- 100g – 4 ladoos.

DEVELOPED BY  
Sri Venkateshvara University, Tirupati

# GARDEN CRESS BISCUITS

IMAGE NOT  
PROVIDED

**SHELF LIFE**  
7 days

**COST**  
Rs. 1/-

## Nutritional Information/100 grams

Protein

**11.6** gm

Carbohydrates

**28** gm

Iron

**5.39** mg

# GARDEN CRESS BISCUITS

IMAGE NOT  
PROVIDED

## Target Group and Benefits

- Adolescent girls (10-17 years) from lower socio economic group.

## Method of Preparation

- Roast the Garden cress seeds and ground nuts separately and pulverize to coarse powder.
- Wheat flour, sugar, vanaspati and coarsely ground garden cress seeds and groundnut are mixed and made into a dough.

## Ingredients

- Garden cress seeds
- Ground nuts
- Wheat flour
- Sugar
- Vanaspati

- Biscuits were made with 10mm thickness and baked at 175° for about 15 minutes.
- 100g – 4 Biscuits.

DEVELOPED BY  
Sri Venkateshwara University, Tirupati



# RAGI (FINGER MILLET) COOKIE



**SHELF LIFE**  
6 months

**COST**  
Rs. 200/kg

## Nutritional Information/100 grams

Energy	450 Kcal
Protein	5.4 gm
Carbohydrate	63 gm
Total fat	19.90 gm
Dietary fibre	10 gm
Calcium	140 mg
Iron	6.37 mg
Zinc	2.88 mg
Magnesium	5.25 mg

# RAGI (FINGER MILLET) COOKIE



## Target Group and Benefits

- 🍪 Social welfare Residential School children.
- 🍪 Better protein, minerals and dietary fibre.

## Ingredients

- 🍪 Ragi
- 🍪 Combined with transfree fat
- 🍪 Sugar
- 🍪 Refined wheat flour
- 🍪 Other cookie ingredients

## Method of Preparation

- 🍪 Sifting all flours, creaming fat and sugar, Blending biscuit additives dough making, extruding and baking at 180°C in a rotary drier.

DEVELOPED BY  
Millet processing and Incubation centre of  
Professor Jayashankar Telangana State Agricultural  
University, Telangana



# PEARL MILLET COOKIE



**SHELF LIFE**  
6 months

**COST**  
Rs. 200/kg

## Nutritional Information/100 grams

Energy	462 Kcal
Protein	6.1 gm
Carbohydrate	64 gm
Total fat	21.03 gm
Dietary fibre	10.30 gm
Calcium	55 mg
Iron	8.66 mg
Zinc	2.69 mg
Magnesium	4.79 mg



# PEARL MILLET COOKIE



## Target Group and Benefits

- 🍪 Social welfare Residential School children
- 🍪 Better protein, minerals and dietary fibre.

## Ingredients

- 🍪 Processed Pearl millet
- 🍪 Combined with transfree fat
- 🍪 Sugar
- 🍪 Refined wheat flour
- 🍪 Other cookie ingredients

## Method of Preparation

- 🍪 Sifting all flours, creaming fat and sugar, Blending biscuit additives dough making, extruding and baking at 180°C in a rotary drier.

DEVELOPED BY  
Professor Jayashankar Telangana State Agricultural  
University, Telangana

# SORGHUM (JOWAR) COOKIE



**SHELF LIFE**  
6 months

**COST**  
Rs. 200/kg

## Nutritional Information/100 grams

Energy	458 Kcal
Carbohydrate	64 gm
Protein	5.9 gm
Total fat	19.98 gm
Calcium	67 mg
Iron	1.76 mg
Dietary fibre	12.20 gm
Zinc	0.58 mg
Magnesium	6.60 mg

# SORGHUM (JOWAR) COOKIE



## Target Group and Benefits

- 🍪 Social welfare Residential School children.
- 🍪 Better protein, minerals and dietary fibre.

## Ingredients

- 🍪 Processed Sorghum
- 🍪 Combined with transfree fat
- 🍪 Sugar
- 🍪 Refined wheat flour
- 🍪 Other cookie ingredients

## Method of Preparation

- 🍪 Sifting all flours, creaming fat and sugar, Blending biscuit additives dough making, extruding and baking at 180°C in a rotary drier.

DEVELOPED BY  
Millet processing and Incubation centre (MPIC) of  
Professor Jayashankar Telangana State Agricultural  
University (PJTSAU), Telangana



# PUSHTI



**SHELF LIFE**  
4 months

**COST**  
Rs. 135/- kg

## Nutritional Information/100 grams

Carbohydrate	<b>78</b> gm
Protein	<b>13</b> gm
Total fat	<b>1.24</b> gm
Fibre	<b>0.88</b> gm

# PUSHTI



## Target Group and Benefits

- ☺ Infants >6months to 36months.
- ☺ Promotes growth.
- ☺ Low cost, easily digested, greater nutrient availability, and suitable for old people too.

## Method of Preparation

- ☺ Wheat is dehulled for 8 min. and winnow the grain manually to separate the husk.
- ☺ Wheat is conditioned to a moisture level of 11 to 12% by sprinkling little water and the grains are heaped for some time and popped in Butty or electric popping and milled to flour.

## Ingredients

- ☺ Wheat
  - ☺ Sugar
  - ☺ Defatted soy flour
  - ☺ Vitamin mix
- 
- ☺ Soy flour is roasted for 6 min. at 80°C in a hot pan till it gives a characteristic aroma.
  - ☺ Sugar is powdered in dry grinder.
  - ☺ The popped wheat flour, roasted soy flour and powdered sugar are sewed, mixed well by adding vitamin and mineral mix.
  - ☺ Prepared Pushti is packed in polythene bags of 250 gauge in 250g. or 500g.

DEVELOPED BY  
Dept. Foods and Nutrition, College of Home Science,  
PJTSAU, Telangana

# AMYLASE RICH MALTED MIXES



**SHELF LIFE**  
4 months

**COST**  
Rs. 100/- per kg

## Nutritional Information/100 grams

Energy	342 Kcal
Protein	15.7 gm
Total fat	1 gm



# AMYLASE RICH MALTED MIXES



## Target Group and Benefits

- 🍽️ Children > 6 months to 6 years in particular; but suitable for all ages.
- 🍽️ Low cost, simple technology, reduce bulk and viscosity of diet, increase palatability and nutrient quality, easily digestible.

## Method of Preparation

- 🍽️ Cleaning of ragi / wheat and green gram from foreign materials
- 🍽️ Steeping in water 18 hrs for ragi and 16 hrs for wheat and green gram
- 🍽️ Tying in a thin muslin cloth
- 🍽️ Drain water

## Ingredients

- 🍽️ **Wheat/Ragi**
- 🍽️ **Green gram**
- 🍽️ **Sugar**
- 🍽️ **Skim milk powder**
- 🍽️ Allowing for germination 2 days for ragi and wheat, 1 day for green gram, drying in drier by spreading thinly on a tray
- 🍽️ Removal of vegetable portion by gentle abrasion against dry clean cloth
- 🍽️ Grounding it to fine flour and sieving
- 🍽️ Amylase rich malted mixes

DEVELOPED BY

Dept. Foods and Nutrition, Post Graduation & Research Centre College of Home Science, PJTSAU, Telangana.

# QUINOA NANKHATAI



**SHELF LIFE**  
3 months

**COST**  
NA

## Nutritional Information/100 grams

Energy	406 Kcal
Carbohydrate	72 gm
Protein	10.9 gm
Total fat	8.20 gm
Fibre	4.1 gm

# QUINOA NANKHATAI



## Target Group and Benefits

- 🍷 All age groups

## Ingredients

- 🍷 Refined wheat flour
- 🍷 Quinoa flour
- 🍷 Sugar
- 🍷 Margarine
- 🍷 Butter
- 🍷 Ghee
- 🍷 Baking powder
- 🍷 Salt
- 🍷 Water

## Method of Preparation

- 🍷 Mixing, Sheeting, Cutting, Baking

DEVELOPED BY  
Indian Institute of Food Processing Technology,  
Thanjavur



# MAHUA NUTRIBAR



**SHELF LIFE**  
3 months

**COST**  
NA

## Nutritional Information/100 grams

Energy	318 Kcal
Carbohydrate	57 gm
Protein	12.43 gm
Total fat	4.63 gm
Fibre	12.6 gm

# MAHUA NUTRIBAR



## Target Group and Benefits

- 🍽️ All age groups

## Ingredients

- 🍽️ Mahua flower
- 🍽️ Moringa leaves
- 🍽️ Chia seeds
- 🍽️ Jaggery
- 🍽️ Almonds
- 🍽️ Cashew
- 🍽️ Peanuts

## Method of Preparation

- 🍽️ Mixing, Heating, Sheeting, Cutting, Cooling

DEVELOPED BY  
Indian Institute of Food Processing Technology,  
Thanjavur



# RAGI BISCUIT



**SHELF LIFE**  
3 months

**COST**  
Rs. 55/200 g

## Nutritional Information/100 grams


Energy	336 Kcal
Carbohydrate	73 gm
Protein	7.7 gm
Total fat	1.3 gm
Fibre	3.6 gm






# RAGI BISCUIT



## Target Group and Benefits

 All age groups

## Ingredients

-  Finger millet (Ragi)
-  Sugar
-  Shortening

## Method of Preparation

 Mixing, Sheeting, Cutting, Baking

DEVELOPED BY  
Indian Institute of Food Processing Technology,  
Thanjavur

# MILLET ICECREAM



**SHELF LIFE**  
6 months

**COST**  
Rs. 10 /50 ml cone

## Nutritional Information/100 grams

Energy	<b>183</b> Kcal
Carbohydrate	<b>36</b> gm
Protein	<b>3.1</b> gm
Total fat	<b>9.1</b> gm
Fibre	<b>0.6</b> gm

# MILLET ICECREAM



## Target Group and Benefits

- 🍽️ Lactose intolerance and Vegan People

## Method of Preparation

- 🍽️ Extract milk from millets and cream from soya beans.
- 🍽️ Blend Cream and Milk together.

## Ingredients

- 🍽️ Millet milk
  - 🍽️ Non dairy Cream
  - 🍽️ Sugar
  - 🍽️ Natural flavours
- 
- 🍽️ Add all other dry ingredients and whip for some time.
  - 🍽️ Ageing and whipping again.
  - 🍽️ Freezing to -28°C

DEVELOPED BY  
Indian Institute of Food Processing Technology,  
Thanjavur



# COCONUT ICECREAM



**SHELF LIFE**  
6 months

**COST**  
Rs. 5/50 ml cone

## Nutritional Information/100 grams

Energy	231 Kcal
Carbohydrate	33 gm
Protein	1.09 gm
Total fat	10.7 gm
Fibre	0.3 gm

# COCONUT ICECREAM



## Target Group and Benefits

- 🍽️ All individuals especially lactose intolerant and vegan people.

## Method of Preparation

- 🍽️ Extract milk and cream from mature coconuts.
- 🍽️ Blend Cream and Milk together.

## Ingredients

- 🍽️ Coconut Milk
  - 🍽️ Coconut Cream
  - 🍽️ Natural flavour
  - 🍽️ Sugar
- 
- 🍽️ Add all other dry ingredients and whip for some time.
  - 🍽️ Ageing and whipping again.
  - 🍽️ Freezing to -28sC.

DEVELOPED BY  
Indian Institute of Food Processing Technology,  
Thanjavur



# MORINGA LEAF POWDER



**SHELF LIFE**  
6 months

**COST**  
NA

## Nutritional Information/100 grams

Energy	205 Kcal
Carbohydrate	38 gm
Protein	27.10 gm
Total fat	2.3 gm
Fibre	19.20 gm



# MORINGA LEAF POWDER



## Target Group and Benefits

- 🍽️ All age groups especially pregnant woman and adolescent boys and girls

## Method of Preparation

- 🍽️ Flour (maida – moringa leaf powder)
- 🍽️ Sieving
- 🍽️ Blending (50:50)
- 🍽️ 35% moisture (For one kg – 350 ml of water)
- 🍽️ Hand mixing

## Ingredients

- 🍽️ Fresh Moringa leaves

- 🍽️ Extruding
- 🍽️ Steaming 60°C for 20 min.
- 🍽️ Drying (50°C for 4 to 5 hours)
- 🍽️ Packaging
- 🍽️ Storing

DEVELOPED BY  
Indian Institute of Food Processing Technology,  
Thanjavur

# MORINGA PASTA



**SHELF LIFE**  
6 months

**COST**  
NA

## Nutritional Information/100 grams

Energy	205 Kcal
Carbohydrate	52 gm
Protein	10.45 gm
Total fat	0.9 gm
Fibre	14.47 gm

# MORINGA PASTA



## Target Group and Benefits

- 🍽️ All age groups especially pregnant woman and adolescent boys and girls

## Method of Preparation

- 🍽️ Mixing, Blending, Extrusion, Steaming, Drying, Packing

## Ingredients

- 🍽️ Moringa leaf powder
- 🍽️ Wheat flour

DEVELOPED BY  
Indian Institute of Food Processing Technology,  
Thanjavur



# FINGER MILLET IDLI/DOSA DRY MIX



**SHELF LIFE**  
6 months

**COST**  
Rs. 150/Kg

## Nutritional Information/100 grams

Energy	340 Kcal
Carbohydrate	64 gm
Protein	11.67 gm
Total fat	4.02 gm
Fibre	6.70 gm

# FINGER MILLET IDLI/DOSA DRY MIX



## Target Group and Benefits

- 🍽️ All age groups.
- 🍽️ Rice in protein, fibre and minerals.

## Ingredients

- 🍽️ Finger millet
- 🍽️ Black gram flour
- 🍽️ Salt

## Method of Preparation

- 🍽️ Raw material cleaning-pulverizing-seiving-blending in standardized ratio-packing.

DEVELOPED BY  
Indian Institute of Food Processing Technology  
Thanjavur



# FOXTAIL IDLI/DOSA DRY MIX



**SHELF LIFE**  
6 months

**COST**  
Rs. 150/Kg

## Nutritional Information/100 grams

Energy	349 Kcal
Carbohydrate	65 gm
Protein	12.09 gm
Total fat	4.36 gm
Fibre	5.56 gm



# FOXTAIL IDLI/DOSA DRY MIX



## Target Group and Benefits

- 🍽️ All age groups.
- 🍽️ Rice in protein, fibre and minerals.

## Ingredients

- 🍽️ Foxtail Millet
- 🍽️ Black gram flour
- 🍽️ Salt

## Method of Preparation

- 🍽️ Raw material cleaning-pulverizing-seiving-blending in standardized ratio-packing.

DEVELOPED BY  
Indian Institute of Food Processing Technology  
Thanjavur

# LITTLE MILLET IDLI/DOSA DRY MIX



**SHELF LIFE**  
6 months

**COST**  
Rs. 150/Kg

## Nutritional Information/100 grams

Energy	348 Kcal
Carbohydrate	62 gm
Protein	16.26 gm
Total fat	4.08 gm
Fibre	5.56 gm

# LITTLE MILLET IDLI/DOSA DRY MIX



## Target Group and Benefits

- 🍽️ All age groups.
- 🍽️ Rice in protein, fibre and minerals.

## Ingredients

- 🍽️ Little Millet
- 🍽️ Black gram flour
- 🍽️ Salt

## Method of Preparation

- 🍽️ Raw material cleaning-pulverizing-seiving-blending in standardized ratio-packing.

DEVELOPED BY  
Indian Institute of Food Processing Technology  
Thanjavur



# KODO MILLET IDLI/DOSA DRY MIX



**SHELF LIFE**  
6 months

**COST**  
Rs. 150/Kg

## Nutritional Information/100 grams

Energy	349 Kcal
Carbohydrate	65 gm
Protein	11.67 gm
Total fat	4.47 gm
Fibre	5.24 gm

# KODO MILLET IDLI/DOSA DRY MIX



## Target Group and Benefits

- 🍽️ All age groups.
- 🍽️ Rice in protein, fibre and minerals.

## Ingredients

- 🍽️ Kodo Millet
- 🍽️ Black gram flour
- 🍽️ Salt

## Method of Preparation

- 🍽️ Raw material cleaning-pulverizing-seiving-blending in standardized ratio-packing.

DEVELOPED BY  
Indian Institute of Food Processing Technology  
Thanjavur

# BARNYARD MILLET IDLI/DOSA DRY MIX



**SHELF LIFE**  
6 months

**COST**  
Rs. 150/Kg

## Nutritional Information/100 grams

Energy	349 Kcal
Carbohydrate	63 gm
Protein	13.75 gm
Total fat	4.54 gm
Fibre	5.79 gm



# BARNYARD MILLET IDLI/ DOSA DRY MIX



## Target Group and Benefits

- 🍽️ All age groups.
- 🍽️ Rice in protein, fibre and minerals.

## Ingredients

- 🍽️ Barnyard millet
- 🍽️ Black gram flour
- 🍽️ Salt

## Method of Preparation

- 🍽️ Raw material cleaning-pulverizing-seiving-blending in standardized ratio-packing.

DEVELOPED BY  
Indian Institute of Food Processing Technology  
Thanjavur

# GRAPE POMACE COOKIES



**SHELF LIFE**  
3 months

**COST**  
NA

## Nutritional Information/100 grams

Energy	426 Kcal
Carbohydrate	77 gm
Protein	5.69 gm
Total fat	10.61 gm
Fibre	2.13 gm

# GRAPE POMACE COOKIES



## Target Group and Benefits

- 🍪 All age groups.

## Method of Preparation

- 🍪 Refined wheat flour and grape pomace powder were blended.
- 🍪 Sugar powder, shortening, vanilla essence were added and sheeted to 10 mm thickness and cut into circular shapes.

## Ingredients

- 🍪 Grape pomace
  - 🍪 Refined wheat flour
  - 🍪 Sugar
  - 🍪 Butter
- 
- 🍪 Baked at 160°C for 12 min.
  - 🍪 Packed in air-tight metalized polyester pouches and stored.

DEVELOPED BY  
Indian Institute of Food Processing Technology (IIFPT),  
Thanjavur



# BAL POSHAN AHAAR



## SHELF LIFE

One year

## COST

Rs. 18 per 500 kcal

## Nutritional Information/100 grams

Energy	470 Kcal	Vitamin A, RE	822 mcg
Carbohydrates	61 gm	Vitamin B6	0.8 mg
Copper	1.4 mg	Niacin	7.1 mg
Protein	10.6 gm	Pantothenic acid	9.3 mg
Total fat	20.6 gm	Biotin	74.8 ug
Calcium	440 mg	Vitamin B 12	2.3 ug
Iron	16 mg	Vitamin D2	11.1 ug
Sodium	78 mg	Vitamin D3	15.5 ug
Vitamin C	54.3 mg	Vitamin E	22 mg
Phosphorus	560 mg	Vitamin K	16.2 ug
Magnesium	94 mg	Potassium	700 mg
Zinc	12.3 mg	Folate	228 ug
Iodine	31.8 ug	Monounsaturated	7.4 gm
Thiamin	0.6 mg	Polyunsaturated	5.8 gm
Vitamin A, IU	1494 IU	Riboflavin	2 mg

# BAL POSHAN AHAAR



## Target Group and Benefits

- 🍲 For 6-59 months aged children.

## Ingredients

- 🍲 Cereals
- 🍲 Legumes
- 🍲 Skim milk powder
- 🍲 Oil
- 🍲 Sugar
- 🍲 Vitamin
- 🍲 Mineral mix

## Method of Preparation

- 🍲 Boil 200 ml of water and cool it down to luke warm temperature.
- 🍲 Empty contents of sachet in a clean and sterilized bowl.
- 🍲 Add the boiled and cooled water. Stir well.
- 🍲 Feed with a clean sanitized spoon.

DEVELOPED BY  
St John's Research Institute

# BALAMRUTHAM



**SHELF LIFE**  
NA

**COST**  
Rs. 9/100g

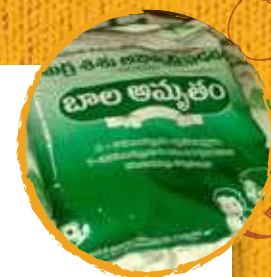
## Nutritional Information/100 grams

Energy	410 Kcal
Protein	11.6 gm
Fat	11.2 gm
Calcium	169 mg
Iron	7.3 mg
Vitamin C	1 mg
Carbohydrate	66 gm

Niacin	3.22 mg
Total Folate	42.1 mcg
Vitamin B1 2	0.6 mcg
Riboflavin	0.3 mg
Thiamin	0.6 mg
Fiber	1.1 gm
Betacarotene	200 mcg
Retinol	21.6 mcg



# BALAMRUTHAM



## Target Group and Benefits

- 🍲 6 months to 3 years children.
- 🍲 It is the weaning food introduced under ICDS to provide improved nutrition to the children.
- 🍲 It is fortified and thus provides 50% of iron, calcium, vitamins and other RDA that children require per day.

## Method of Preparation

- 🍲 The recommended quantity is 100 g, 3-5 times every day.
- 🍲 It is served as porridge mixed with hot water and for older children; it can be given in the form of "Laddu".

DEVELOPED BY  
The Department Of Public Health Nutrition (NIN)

# KISHORIAMRUTHAM

IMAGE NOT PROVIDED

**SHELF LIFE**  
NA

**COST**  
Rs. 13/serving

## Nutritional Information/100 grams

**Energy** 440 Kcal

**Protein** 13.1 gm

**Fat** 16.3 gm

**Calcium** 421 mg

**Iron** 13.1 mg

**Vitamin C** 15 mg

**Niacin** 9.7 mg

**Total Folate** 30.2 mcg

**Vitamin B1 2** 0.5 mcg

**Riboflavin** 0.7 mg

**Thiamin** 0.7 mg

**Fiber** 1.3 gm

**Betacarotene** 24 mcg

**Retinol** 217 mcg







# KISHORIAMRUTHAM

IMAGE NOT PROVIDED


## Target Group and Benefits

12- 17 Years

## Ingredients

-  Roasted wheat: **60g**
-  Roasted Bengal gram Dhal: **15g**
-  Groundnuts roasted: **15g**
-  Skimmed milk powder: **10g**
-  Sugar: **25g**
-  Oil: **15g**

## Method of Preparation

 Information not provided

DEVELOPED BY  
The Department Of Public Health Nutrition (NIN)



# DALIA/BROKEN WHEAT KHICHDI



**SHELF LIFE**  
NA

**COST**  
NA

## Nutritional Information/100 grams

### PRIMARY SCHOOL CHILDREN

Energy **369** Kcal

Protein **14.9** gm

Fat **4** gm

### SECONDARY SCHOOL CHILDREN

Energy **553** Kcal

Protein **22.3** gm

Fat **5.9** gm

# DALIA/BROKENWHEAT KHICHDI



## Target Group and Benefits

5-15 years

## Ingredients

### PRIMARY SCHOOL CHILDREN

- 🍲 Broken Wheat: 100g
- 🍲 Green Gram Dal: 20g
- 🍲 Onion: 20g
- 🍲 Tomato: 10g
- 🍲 Potato: 30g
- 🍲 Carrot: 15g
- 🍲 Coriander leaves: 5g
- 🍲 Oil: 2g

### SECONDARY SCHOOL CHILDREN

- 🍲 Broken Wheat: 150g
- 🍲 Green Gram Dal: 30g
- 🍲 Onion: 30g
- 🍲 Tomato: 15g
- 🍲 Potato: 45g
- 🍲 Carrot: 20g
- 🍲 Coriander leaves: 8g
- 🍲 Oil: 3g

## Method of Preparation

- 🍲 Mid Day Meals planned for Bihar State.

DEVELOPED BY  
The Department Of Public Health Nutrition (NIN)

# RAGI LADOO



**SHELF LIFE**  
NA

**COST**  
NA

## Nutritional Information/100 grams

### PRIMARY SCHOOL CHILDREN

Energy **203** Kcal

Protein **2.5** gm

Fat **3.6** gm

### SECONDARY SCHOOL CHILDREN

Energy **225** Kcal

Protein **3.4** gm

Fat **5.4** gm



# RAGI LADOO






## Target Group and Benefits




5-15 years

## Ingredients


### PRIMARY SCHOOL CHILDREN

-  Ragi: **30g**
-  Sugar/jaggery: **20g**
-  Oil: **3g**

### SECONDARY SCHOOL CHILDREN

-  Ragi: **45g**
-  Sugar/jaggery: **10g**
-  Oil: **5g**

## Method of Preparation

-  Mid Day Meals planned for Bihar State.

DEVELOPED BY  
The Department Of Public Health Nutrition (NIN)

# SAMBHAR RICE



**SHELF LIFE**  
NA

**COST**  
NA

## Nutritional Information/100 grams

### PRIMARY SCHOOL CHILDREN

Energy **459** Kcal

Protein **12.1** gm

Fat **5** gm

### SECONDARY SCHOOL CHILDREN

Energy **606** Kcal

Protein **16.6** gm

Fat **7.4** gm

# SAMBHAR RICE












## Target Group and Benefits







5-15 years

## Ingredients


### PRIMARY SCHOOL CHILDREN

-  Rice: **100g**
-  Red gram dhal: **15g**
-  Drumstick : **10g**
-  Ladies finger : **10g**
-  Bottle gourd: **10g**
-  Radish: **10g**
-  Onion: **5g**
-  Tomato: **5g**
-  Oil: **4g**

### SECONDARY SCHOOL CHILDREN

-  Rice: **150g**
-  Red gram dhal: **25g**
-  Drumstick: **15g**
-  Ladies finger: **15g**
-  Bottle gourd: **15g**
-  Radish: **15g**
-  Onion: **5g**
-  Tomato: **5g**
-  Oil: **6g**

## Method of Preparation

-  Mid Day Meals planned for Bihar State

DEVELOPED BY  
The Department Of Public Health Nutrition (NIN)



# GROUNDNUT LADOO



**SHELF LIFE**  
NA

**COST**  
NA

## Nutritional Information/100 grams

### PRIMARY SCHOOL CHILDREN

Energy **148** Kcal

Protein **4.9** gm

Fat **8.9** gm

### SECONDARY SCHOOL CHILDREN

Energy **224** Kcal

Protein **6.1** gm

Fat **14.1** gm

# GROUNDNUT LADOO






## Target Group and Benefits




5-15 years

## Ingredients


### PRIMARY SCHOOL CHILDREN

-  Groundnut: 20g
-  Jaggery: 10g
-  Oil: 1g

### SECONDARY SCHOOL CHILDREN

-  Groundnut: 30g
-  Jaggery: 15g
-  Oil: 2g

## Method of Preparation

-  Mid Day Meals planned for Bihar State

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# VEGETABLE BIRYANI



**SHELF LIFE**  
NA

**COST**  
NA

## Nutritional Information/100 grams

### PRIMARY SCHOOL CHILDREN

Energy **409** Kcal

Protein **9.8** gm

Fat **3.2** gm

### SECONDARY SCHOOL CHILDREN

Energy **611** Kcal

Protein **14.6** gm

Fat **5.1** gm



# VEGETABLE BIRYANI











## Target Group and Benefits









5-15 years

## Ingredients


### PRIMARY SCHOOL CHILDREN

-  Rice: **100g**
-  Peas: **20g**
-  Beans: **2.5g**
-  Potato: **2.5g**
-  Carrot: **2.5g**
-  Cauliflower: **2.5g**
-  Onion: **7.5g**
-  Oil: **2.5g**

### SECONDARY SCHOOL CHILDREN

-  Rice: **150g**
-  Peas: **30g**
-  Beans: **2.5g**
-  Potato: **2.5g**
-  Carrot: **2.5g**
-  Cauliflower: **2.5g**
-  Onion: **7.5g**
-  Oil: **4g**

## Method of Preparation

-  Mid Day Meals planned for Bihar State

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# MIXED VEGETABLE SABJI



**SHELF LIFE**  
NA

**COST**  
NA

## Nutritional Information/100 grams

### PRIMARY SCHOOL CHILDREN

Energy **51** Kcal

Protein **0.9** gm

Fat **3.3** gm

### SECONDARY SCHOOL CHILDREN

Energy **73** Kcal

Protein **1.5** gm

Fat **4.5** gm

# MIXED VEGETABLE SABJI



## Target Group and Benefits

5-15 years

## Ingredients

### PRIMARY SCHOOL CHILDREN

- 🍷 Potato: 20g
- 🍷 Cauliflower: 5g
- 🍷 Fenugreek leaves: 5g
- 🍷 Onion: 5g
- 🍷 Tomato: 5g
- 🍷 Oil: 2.5g

### SECONDARY SCHOOL CHILDREN

- 🍷 Potato: 30g
- 🍷 Cauliflower: 10g
- 🍷 Fenugreek leaves: 10g
- 🍷 Onion: 7.5g
- 🍷 Tomato: 7.5g
- 🍷 Oil: 4g

## Method of Preparation

- 🍷 Mid Day Meal planned for Bihar State

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# PALAK RICE



**SHELF LIFE**  
NA

**COST**  
NA

## Nutritional Information/100 grams

### PRIMARY SCHOOL CHILDREN

Energy **500** Kcal

Protein **16.4** gm

Fat **5.9** gm

### SECONDARY SCHOOL CHILDREN

Energy **752** Kcal

Protein **24.6** gm

Fat **10.5** gm

# PALAK RICE











## Target Group and Benefits









5-15 years

## Ingredients

### PRIMARY SCHOOL CHILDREN

-  Rice: 100g
-  Spinach: 20g
-  Potato: 10g
-  Beans: 10g
-  Soya bean: 20g
-  Onion: 5g
-  Tomato: 5g
-  Oil: 5g

### SECONDARY SCHOOL CHILDREN

-  Rice: 150g
-  Spinach: 25g
-  Potato: 20g
-  Beans: 15g
-  Soya bean: 30g
-  Onion: 7.5g
-  Tomato: 7.5g
-  Oil: 7.5g

## Method of Preparation

-  Mid Day Meal planned for Bihar State

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# ROTI DHAL+SABJI



**SHELF LIFE**  
NA

**COST**  
NA

## Nutritional Information/100 grams

### PRIMARY SCHOOL CHILDREN

Energy **478** Kcal

Protein **16.1** gm

Fat **9.7** gm

### SECONDARY SCHOOL CHILDREN

Energy **719** Kcal

Protein **24.1** gm

Fat **14.6** gm



# ROTI DHAL + SABJI



## Target Group and Benefits

5-15 years

## Ingredients

### PRIMARY SCHOOL CHILDREN

- 🍲 Wheat flour: 100g
- 🍲 Red gram dhal: 20g
- 🍲 Spinach: 10g
- 🍲 Potato: 10g
- 🍲 Cauliflower: 10g
- 🍲 Cabbage: 10g
- 🍲 Onion: 5g
- 🍲 Tomato: 5g
- 🍲 Oil: 7.5g

### SECONDARY SCHOOL CHILDREN

- 🍲 Wheat flour: 150g
- 🍲 Red gram dhal: 30g
- 🍲 Spinach: 20g
- 🍲 Potato: 20g
- 🍲 Cauliflower: 10g
- 🍲 Cabbage: 10g
- 🍲 Onion: 8g
- 🍲 Tomato: 8g
- 🍲 Oil: 11.3g

## Method of Preparation

- 🍲 Mid Day Meal planned for Bihar State

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# NORTH INDIA RECIPES





# GOLDEN SWEET POTATO PAPAD



**SHELF LIFE**  
6 months

**COST**  
Rs. 20/-

## Nutritional Information/100 grams

Energy	469 Kcal
Carbohydrate	67 gm
Protein	1.0 gm
Beta carotene	1110 µg
Iron	2.2 mg

# GOLDEN SWEET POTATO PAPAD



## Target Group and Benefits

- 🍲 For children (6 -12 yrs) deficient with vitamin A and Iron.
- 🍲 Golden sweet potato is a natural enriched sources of Vitamin A.
- 🍲 Protect eyes from Night Blindness and age related decline.

## Ingredients

- 🍲 Golden sweet potato-250 gm
- 🍲 Oil -10 ml
- 🍲 Chilli powder – ¼ tsp
- 🍲 Salt- ½ tsp (As required)

## Method of Preparation

- 🍲 Boil Golden sweet potato.
- 🍲 Remove the peel.
- 🍲 Add, oil, salt and red chilli powder in washed sweet potato and make dough.
- 🍲 Make small balls of dough.
- 🍲 Roll it and dry it.

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# GOLDEN SWEET POTATO CHIPS



**SHELF LIFE**  
6 -12 months

**COST**  
Rs. 8/-

## Nutritional Information/100 grams

Energy	462 Kcal
Carbohydrate	67 gm
Protein	1.0 gm
Beta carotene	1150 µg
Iron	6.3 mg



# GOLDEN SWEET POTATO CHIPS



## Target Group and Benefits

- 🍷 Vitamin A deficient children (6-12 yrs).
- 🍷 Golden sweet potato is a natural Biofortified food.
- 🍷 By using golden sweet potato, chips were made for amelioration of Vitamin A deficiency among children.
- 🍷 Improves the immune system.

## Method of Preparation

- 🍷 Wash sweet potato tubers and peel them.
- 🍷 Keep the tubers submerged in water.
- 🍷 Slice the sweet potatoes using chips cutter.
- 🍷 Dip the chips in water for 30 minutes.
- 🍷 Put the chips in hot water.
- 🍷 Spread the chips and allow to dry.

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# GOLDEN SWEET POTATO SHARBAT

(Orange Flesh Sweet Potato Sharbat)



**SHELF LIFE**  
24 hrs

**COST**  
Rs. 20/-

## Nutritional Information/100 grams

Energy	275 Kcal
Carbohydrate	67 gm
Protein	1.7 gm
Beta carotene	1,096 µg
Iron	2.10 mg
Fat	0.30 gm

# GOLDEN SWEET POTATO SHARBAT

(Orange Flesh Sweet Potato Sharbat)



## Target Group and Benefits

- 🍷 Vitamin A and Iron deficient (Anemia) children (6-12 yrs).
- 🍷 Golden sweet potato is rich source of Vitamin A.
- 🍷 To develop enrich food product using Golden sweet potato in eradication of Vitamin A deficiency and Iron deficiency (anemia) among children.

## Method of Preparation

- 🍷 Extract the juice of golden sweet potato, beet root and amla separately.
- 🍷 Now mix all three juices in 2:2:1 ratio.
- 🍷 Add jaggery/ honey according to taste.
- 🍷 Serve chill.

## Ingredients

- 🍷 Golden sweet potato juice-25 ml
- 🍷 Beet root juice- 125ml
- 🍷 Amla juice- 12.5 ml
- 🍷 Jaggery – 12.5 gm

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# KHATTIMEETHIGUAVA CANDY



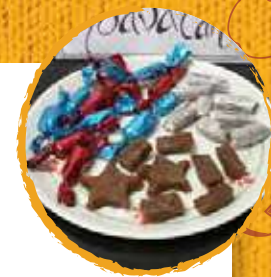
**SHELF LIFE**  
1 Month

**COST**  
Rs. 2/-

## Nutritional Information/100 grams

Energy	74 Kcal
Protein	0.7 gm
Vit C	69 mg
Iron	0.6 mg
Fiber	2.6 gm

# KHATTI MEETHI GUAVA CANDY



## Target Group and Benefits

- ☺ Diabetic and hypertensive patients.
- ☺ Commonly used toffees are only the source of calorie and fat while this candy contains goodness of guava fruit, fenugreek seeds, cinnamon and lemon.
- ☺ Reduce the blood pressure and blood sugar levels. It provides taste with nutrition.

## Method of Preparation

- ☺ Wash the guava and cut it.
- ☺ Pressure cook it for 10-15 minutes, and then blend the cooked guava in smooth pulp.
- ☺ Sieve the pulp to remove seeds. Cook the sieved pulp on medium flame.
- ☺ Add sugar, cinnamon powder, fenugreek powder and lemon juice.

## Ingredients

- ☺ Ripe Guava -1 kg
- ☺ Sugar-375 gm
- ☺ Cinnamon-12.5 gm
- ☺ Fenugreek powder-12.5 gm
- ☺ Lemon juice-2.5ml

- ☺ Stir continuously till it becomes thick. Grease a flat tray and spread guava cheese in to a thick layer.
- ☺ Allow to cool and cut in desirable shapes when it is lukewarm.
- ☺ Keep it overnight and then wrap it.

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# SOYA FORTIFIED DAL PITHA



**SHELF LIFE**  
24 hrs

**COST**  
Rs. 30/Plate

## Nutritional Information/100 grams

Energy	300 Kcal
Carbohydrate	46 gm
Protein	17.2 gm
Iron	4.8 mg



# SOYA FORTIFIED DAL PITHA



## Target Group and Benefits

- ☺ All age groups.
- ☺ Dal pitha is a traditional recipe of UP.
- ☺ It is low cost recipe so it can be consumed by person belonging to different socio-economic status.
- ☺ Dal Pitha is fortified with soya flour to enrich protein and carbohydrate content.

## Method of Preparation

- ☺ Soak the black chana dal for five to six hours.
- ☺ Grind it with green chillies, ginger and very little water.
- ☺ Take the mixture and add coriander leaves, ajwain, turmeric powder, amchur, salt and asafoetida. Keep aside.
- ☺ Prepare dough with rice and soya flour with warm water.
- ☺ Divide the dough into equal portions and roll out each portion into small circle, like puris.
- ☺ Take the rolled out dough in your hand and fill each puri with dal masala mixture one by

## Ingredients

- ☺ Rice Flour- 50 gm
- ☺ Soya flour- 25gm
- ☺ Ghee- 3 tbsp
- ☺ Chana dal- 25gm
- ☺ Green chilli- 2
- ☺ Garlic- 3 gm
- ☺ Ginger- 5 gm
- ☺ Coriander leaves- 5 gm
- ☺ Ajwain- ¼ tsp
- ☺ Turmeric powder- ¼ tsp
- ☺ Amchur powder- ¼ tsp
- ☺ Hing- 1 pinch
- ☺ Salt- According to taste

one. Moisten the edge of the puri and fold one side onto the other in a semicircle and seal the ends properly.

- ☺ Take a big vessel and boil 8 cups of water in it. Carefully slide the pitha in boiling water one by one.
- ☺ Let the pitha boiled on high flame for two or three minutes. Don't cover.
- ☺ Now lower the flame to medium and let it cook for another 10 minutes.
- ☺ Remove pitha gently from water. Pour ghee on the pitha and serve with green chutney.

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# MIXED CEREALS METHI GHATTI



**SHELF LIFE**  
24 hrs

**COST**  
Rs. 40/-

## Nutritional Information/100 grams

Energy	295 Kcal
Carbohydrate	40 gm
Protein	9.3 gm
Iron	5.08 mg
Calcium	75 mg

# MIXED CEREALS METHI GHATTI



## Target Group and Benefits

- 🍲 Obese Person
- 🍲 To improve the nutritive value of local food with fortification of protein, dietary fiber, iron and calcium by using flour of wheat, bajra, maize and jowar along with methi leaves.
- 🍲 Maintaining the healthy weight is an extremely important part of overall health.

## Method of Preparation

- 🍲 Prepare the dough of mix flour of wheat, bajra, maize and jowar along with methi leaves.
- 🍲 Then prepare the stuffing material of sattu mixture with sattu (roasted chana powder), green chillies, cumin seed, garlic, lemon juice and mustard oil and mix well.
- 🍲 Take small ball of dough, stuff with prepared sattu mixture.
- 🍲 Then roast or deep fry and serve with chokha.

## Ingredients

- 🍲 Wheat flour- 25 gm
- 🍲 Bajra flour- 25 gm
- 🍲 Maize flour- 25 gm
- 🍲 Jowar flour- 25 gm
- 🍲 Sattu – 55 gm
- 🍲 Methi leaves- 25 gm
- 🍲 Green chilli- 5 gm
- 🍲 Garlic- 10 gm
- 🍲 Cumin seed- 5 gm
- 🍲 Lemon juice- 1 tsp
- 🍲 Mustard oil- 1 tsp

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# REKWACH



**SHELF LIFE**  
24 hrs

**COST**  
Rs. 20/-

## Nutritional Information/100 grams

Energy	276 Kcal
Carbohydrate	41 gm
Protein	14.7 gm
Beta carotene	1,833 µg
Iron	3.85 mg
Fat	3.4 gm
Fiber	3 gm

# REKWACH



## Target Group and Benefits

- 🍲 Vitamin A and Iron deficient children.
- 🍲 For improving the condition of children and pregnant woman suffering from Vitamin A and Iron deficiency.
- 🍲 To enrich local food rekwach by Golden sweet potato's leaf.
- 🍲 Improve the hemoglobin level and good health.

## Method of Preparation

- 🍲 Cut golden sweet potato leaves.
- 🍲 Mix with coriander powder, asafoetida, ginger-green chili paste, turmeric powder, garlic paste, lemon juice, gram besan (gram flour powder), chilli powder, salt and water properly.

## Ingredients

- 🍲 Golden sweet potato leaves- **150 gm**
- 🍲 Arvi leaves -**10 gm**
- 🍲 Besan- **25gm**
- 🍲 Ginger & Green chilli paste-**1/2 tsp**
- 🍲 Garlic paste- **1/2tsp**
- 🍲 Turmeric powder- **1/2tsp**
- 🍲 Coriander powder – **1/2 tsp**
- 🍲 Asofoetida- **1 pinch**
- 🍲 Lemon juice- **1 tsp**
- 🍲 Salt- **According to taste**

- 🍲 Then put the mixture on the arvi leaf and roll it over.
- 🍲 Place all the rolls in the steamer and cook for 20 to 25 minutes or till they become firm.
- 🍲 Keep aside for 10 minutes to cool and cut it into pieces and serve hot.

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# RAGISATTU SHARBAT



**SHELF LIFE**  
24 hrs

**COST**  
Rs. 20/-

## Nutritional Information/100 grams

Energy	55 Kcal
Protein	2.5 gm
Calcium	38 mg
Iron	0.75 mg



# RAGI SATTU SHARBAT



## Target Group and Benefits

- It is a common food consumed by people of all age groups and socioeconomic conditions.
- Sattu sharbat is a traditional beverage used in UP and Bihar during summer season.
- Sattu is rich in calorie and protein.
- So, we fortified it with ragi to enhance its calcium and iron content to control calcium and iron deficiency.

## Method of Preparation

- Roast the whole ragi and chana first then grind it in powder.
- Mix prepared sattu with jeera powder and salt.
- Add water and mix to a smooth consistency ensuring there are no lumps.
- Now add chopped pudina leaves and lemon juice.

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# FLAX SEED LADOO



**SHELF LIFE**  
24 hrs

**COST**  
Rs. 20/-

## Nutritional Information/100 grams

Energy	534 Kcal
Carbohydrate	29 gm
Protein	18.3 gm
Fat	42.2 gm
Dietary Fiber	27.2 gm
Omega-3 fatty acid	22.81 gm
Omega-6 fatty acid	5.9 gm

# FLAX SEED LADOO



## Target Group and Benefits

- ☞ People suffering from Arthritis.
- ☞ Flax seed is high in alpha linolenic acid a type of omega -3 fatty acid which is a known anti inflammatory.
- ☞ It helps to remove joint pain in arthritis.

## Method of Preparation

- ☞ Roast the flaxseed carefully and grind it to fine powder.
- ☞ In a pan add jaggery and melt it.

## Ingredients

- ☞ Flaxseed-70 gm
- ☞ Jaggery-20 gm
- ☞ Crushed groundnut- 10 gm

- ☞ After melting, add flaxseed powder and crushed groundnut.
- ☞ Mix it well. Then make ladoo from the mixture.

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# GARLIC DRUMSTICK SOUP



**SHELF LIFE**  
24 hrs

**COST**  
Rs. 20/-

## Nutritional Information/100 grams

Energy	44 Kcal
Protein	2.2 gm
Beta carotene	1,008 µg
Calcium	37 gm
Phosphorus	16.86 mg
Vitamin C	9 mg

# GARLIC DRUMSTICK SOUP



## Target Group and Benefits

- ☞ Arthritis and Anemic patients.
- ☞ Drumstick is available in abundance mainly during summer season in Eastern U.P and garlic is also a common ingredient of the household. Both ingredients are beneficial for arthritis.
- ☞ Arthritis is a common problem among aged population and this product can be easily consumed.

## Method of Preparation

- ☞ Dry drumstick and garlic and grind them.
- ☞ Then mix corn flour, chilli powder, pepper powder and salt with garlic and drumstick powder.

## Ingredients

- ☞ Drumstick powder- **20 gm**
- ☞ Corn flour- **10 gm**
- ☞ Garlic powder- **10 gm**
- ☞ Turmeric powder- **1 pinch**
- ☞ Chilli powder – **2 gm**
- ☞ Pepper powder- **2 gm**
- ☞ Salt- **2 gm**

- ☞ Add this mixture to 150 ml boiling water and cook for 3-4 minutes and stir continuously.

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# BEET ROOT CANDY



**SHELF LIFE**  
7 months  
when stored  
at 8°C

**COST**  
Rs. 250/kg

## Nutritional Information/100 grams

Carbohydrate	69.4 %
Protein	1.92 %
Fat	0.74 %
Dietary Fibre	6.08 %



# BEET ROOT CANDY



## Target Group and Benefits

- 🍯 All age group people- especially children.

## Ingredients

- 🍯 Beet root
- 🍯 Pectin
- 🍯 Citric acid
- 🍯 Sugar

## Method of Preparation

- 🍯 Wash, peel and slice beet root.
- 🍯 Grind into paste.
- 🍯 Boil puree with sugar and pectin.
- 🍯 Judge the end point.
- 🍯 Add citric acid at the end.
- 🍯 Cool and shape into candy.

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# HERBAL TOFU TIKKA



**SHELF LIFE**  
1-2 weeks at  
refrigerated  
condition

**COST**  
Rs. 180/kg

## Nutritional Information/100 grams

Carbohydrate	69.4 %
Protein	12 %
Fat	7.42 %
Dietary Fibre	0.75 %

# HERBAL TOFU TIKKA



## Target Group and Benefits

- 🍽️ All age groups.

## Method of Preparation

- 🍽️ Prepare soya milk.
- 🍽️ Add curry and moringa leaves in coagulated soymilk.

## Ingredients

- 🍽️ Soybeans
- 🍽️ Curry leaves
- 🍽️ Moringa leaves

- 🍽️ Filter, strain and press.
- 🍽️ Herbal tofu is ready.

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# HERBAL SPICED BREAD



**SHELF LIFE**  
5-7 days

**COST**  
Rs. 30/ 200gm

## Nutritional Information/100 grams

Carbohydrate	60.8 %
Protein	8.56 %
Fat	1.92 %
Dietary Fibre	1.84 %

# HERBAL SPICED BREAD



## Target Group and Benefits

- 🍷 All age groups
- 🍷 Good antioxidant activity

## Ingredients

- 🍷 Whole wheat flour
- 🍷 Refined wheat flour
- 🍷 Oat flour compressed yeast
- 🍷 Vegetable oil
- 🍷 Sugar
- 🍷 Salt
- 🍷 Turmeric
- 🍷 Cardamom
- 🍷 Cinnamon
- 🍷 Ajwain
- 🍷 Cumin
- 🍷 Black pepper
- 🍷 Cloves
- 🍷 Fenugreek
- 🍷 Mustard seeds
- 🍷 Bay leaves

## Method of Preparation

- 🍷 Mix all ingredients to make dough-kneading-intermediate proofing (32°C for 60 minutes)-molding-panning-final proofing (32°C for 30 minutes)-baking-cooling-packing.

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# GREEN CHILLI POWDER



**SHELF LIFE**  
4-5 months

**COST**  
Rs. 300/kg

## Nutritional Information/100 grams


Carbohydrate	69.4 %
Protein	15.17 %
Fat	5 %
Dietary Fibre	25 %




# GREEN CHILLI POWDER



## Target Group and Benefits

 As a seasoning for all groups

## Method of Preparation

 Raw green Chilli –cleaning and sorting – drying- grinding –green chilli powder

## Ingredients

 Green chilli powder

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# FENUGREEK AND STEVIA ENRICHED BISCUITS



**SHELF LIFE**  
6 months

**COST**  
Rs. 150/kg


## Nutritional Information/100 grams

Carbohydrate	76.75 %
Protein	5.90 %
Fat	14.85 %
Dietary Fibre	1.5 %









# FENUGREEK AND STEVIA ENRICHED BISCUITS




## Target Group and Benefits

-  Diabetic Patients

## Ingredients

-  Fenugreek seed
-  Wheat flour
-  Stevia
-  Butter
-  SMP
-  Salt
-  Baking soda
-  Baking powder

## Method of Preparation

-  Mix fat and sugar –add all dry ingredients to make dough-shape into biscuits- baked at 170°C for 20 minutes –cool and stored

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# HIGH PROTEIN SPIRULINA BAR



**SHELF LIFE**  
2 months

**COST**  
Rs. 400/kg

## Nutritional Information/100 grams

Carbohydrate	71.45 %
Protein	11.40 %
Fat	9.02 %
Dietary Fibre	0.83 %

# HIGH PROTEIN SPIRULINA BAR



## Target Group and Benefits

- 🍽️ All age group people

## Ingredients

- 🍽️ Jaggery
- 🍽️ Liquid glucose
- 🍽️ Ghee
- 🍽️ Peanuts
- 🍽️ Roasted Bengal gram
- 🍽️ Corn flakes
- 🍽️ Puffed rice
- 🍽️ Spirulina
- 🍽️ Coconut flakes

## Method of Preparation

- 🍽️ Heat jaggery till it melts.
- 🍽️ Mix all ingredients into melted jaggery after crushing.
- 🍽️ Form bars from the mixture.
- 🍽️ Store and pack.

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# DOLICHOS LAB LAB POD AND BUCK WHEAT FLOUR BASED FIBRE ENRICHED BISCUITS



**SHELF LIFE**  
6 months

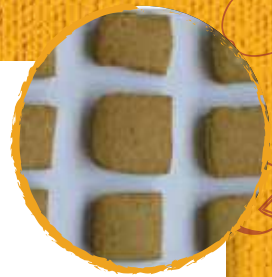
**COST**  
Rs. 150/kg

## Nutritional Information/100 grams

Carbohydrate	66.61 %
Protein	8.05 %
Fat	15.90 %
Dietary Fibre	5.25 %



# DOLICHOS LABLAB POD AND BUCK WHEAT FLOUR BASED FIBRE ENRICHED BISCUITS



## Target Group and Benefits

- 🍪 Cholesterol, Colon cancer, Lower Glycemic index, Bowel disorder and Enhance lipid metabolism

## Ingredients

- 🍪 Dolichos lablab pod powder
- 🍪 Buckwheat flour
- 🍪 Wheat flour(maida)
- 🍪 Sugar
- 🍪 Butter
- 🍪 Skim milk powder
- 🍪 Salt
- 🍪 Vanilla essence
- 🍪 Baking soda
- 🍪 Baking powder

## Method of Preparation

- 🍪 Mix fat and sugar –add all dry ingredient to make dough-shape into biscuits- baked at 170°C for 20 minutes –cool and stored

DEVELOPED BY  
Centre of Food Science and Technology, IAS, BHU,  
Varanasi

# GUAVA SEED POWDER FORTIFIED YOGHURT



**SHELF LIFE**  
15 days at  
refrigerated  
condition

**COST**  
Rs. 150/kg


## Nutritional Information/100 grams

Carbohydrate	9.11 %
Protein	3.12 %
Fat	6.02 %
Dietary Fibre	0.81 %




# GUAVA SEED POWDER FORTIFIED YOGHURT




## Target Group and Benefits

-  All age group people

## Ingredients

-  Guava seed powder
-  Milk
-  Yoghurt strain

## Method of Preparation

-  Raw milk 40°C –inoculate with yoghurt strains packaging–incubation at 40°C – storage at 8°C

DEVELOPED BY  
Centre of Food Science and Technology, IAS, BHU,  
Varanasi



# GUAVA CHOCOLATE



**SHELF LIFE**  
2 months

**COST**  
Rs. 40/100gm

## Nutritional Information/100 grams

Energy	500 %
Carbohydrate	43 %
Protein	1.87 %
Fat	30.04 %

# GUAVA CHOCOLATE



## Target Group and Benefits

- 🍪 All age group people

## Ingredients

- 🍪 Guava chocolate
- 🍪 Guava powder
- 🍪 Sugar
- 🍪 Milk powder
- 🍪 Cocoa powder

## Method of Preparation

- 🍪 Reframe
- 🍪 Melt cocoa butter.
- 🍪 Add guava powder, milk powder, sugar and cocoa powder.
- 🍪 Temper and crystallize at 3 degree C.
- 🍪 Mould and pack.

DEVELOPED BY  
Centre of Food Science and Technology, IAS, BHU,  
Varanasi.

# POTATO FLOUR BISCUIT

(made from Kufri Chipsona)



## SHELF LIFE

3 months  
(packed in aluminium laminates, at room temperature under cool and dry conditions)

## COST

2.00 Rs./ 50g / serving  
(four biscuits of 4.5±0.33 cm diameter)

## Nutritional Information/100 grams

Carbohydrate	69.57 gm
Protein	8.67 gm
Fat	13.86 gm
Energy	437 kcal



# POTATO FLOUR BISCUIT

(made from Kufri Chipsona)



## Target Group and Benefits

- 🍪 Children and people with high energy requirement
- 🍪 Biscuits are one of the most common forms of RTE product among children.
- 🍪 The biscuits prepared from blend containing 25% potato flour had the highest overall acceptability because potato flour may be used as an inexpensive, acceptable and nutritious replacement of refined wheat flour having high carbohydrate and energy for preparation of bakery products.

## Method of Preparation

- 🍪 Mixing and preparation of Flour mix (wheat flour : potato flour in 3:1 ratio)
- 🍪 Whipping of powdered sugar + refined oil
- 🍪 Dough making
- 🍪 Sheeting and Moulding
- 🍪 Baking
- 🍪 Packaging
- 🍪 Storing

DEVELOPED BY  
Centre of Food Science and Technology, IAS, BHU,  
Varanasi.

# POTATO FLOUR BASED INFANT COMPLEMENTARY FOOD



## SHELF LIFE

1 month  
(packed in aluminium laminates, placed at room temperature under cool and dry conditions)

## COST

Rs. 5.8/50 gm

## Nutritional Information/100 grams

Carbohydrate	63 gm
Protein	18.9 gm
Fat	3.5 gm
Crude fibre	3.2 gm
Energy	357 kcal

# POTATO FLOUR BASED INFANT COMPLEMENTARY FOOD



## Target Group and Benefits

- ☞ Weaning children and infants
- ☞ A year round availability and is highly economical
- ☞ Optimal physicochemical properties, is energy dense and hypoallergenic containing highly bioavailable protein source which could be utilized for mass supplementation programmes.

## Ingredients

- ☞ Potato powder **28%**
- ☞ Rice flour **65%**
- ☞ Protein isolates **7%**
- ☞ Carrot **3%**
- ☞ Spinach **3%**
- ☞ Skimmed milk **10%**
- ☞ Sugar **10%**
- ☞ Salt **1%**

## Method of Preparation

- ☞ Selection of ingredients (Potato powder, rice flour, protein isolate, dried and powdered spinach, carrot; skim milk powder, salt and sugar)
- ☞ Homogenization through sifting
- ☞ Packing
- ☞ Storage
- ☞ Mixing of all ingredients

DEVELOPED BY  
Centre of Food Science and Technology, IPS,  
University of Allahabad, UP



# POTATO FLAKES ENERGY BAR

## SHELF LIFE

3 weeks  
(stored at room temperature under cool and dry conditions)



## COST

Rs. 9.44/50 gm

## Nutritional Information/100 grams

Energy	371 kcal
Carbohydrate	71 gm
Protein	10.7 gm
Fat	5.1 gm
Crude fibre	5.1 gm

# POTATO FLAKES ENERGY BAR



## Target Group and Benefits

- 🍷 Growing children, sports person, chronic energy deficient person.
- 🍷 This energy bar fulfils quick energy requirements (high glycemic index) with high mineral content and sensorial score.
- 🍷 Unlike commercial bar it has conventional ingredients (jaggery, amaranthus seed, potato flakes) can also be used as meal substitution during emergencies.

## Ingredients

- 🍷 Potato flakes
- 🍷 Corn flakes
- 🍷 Jaggery
- 🍷 Amaranthus seed
- 🍷 Ground nut
- 🍷 Guar gum
- 🍷 Raisins

## Method of Preparation

- 🍷 Weigh all ingredients.
- 🍷 Roasting of ingredients except potato, corn flakes and jaggery.
- 🍷 Melting of jaggery at 50°C.
- 🍷 Mixing of all ingredients homogenously.
- 🍷 Place butter paper in a mould and transfer the above mixture in the mould.
- 🍷 Kept at room temperature for hardening.
- 🍷 Packaging.
- 🍷 Storing.

DEVELOPED BY  
Centre of Food Science and Technology, IPS,  
University of Allahabad, UP



# IRON AND ZINC FORTIFIED READY TO EAT (RTE) FOOD / PANJIRI



**SHELF LIFE**  
3 months

**COST**  
Small Scale production  
(batch of 325 kg) 3.30 INR  
per serving (30g)

## Nutritional Information/100 grams

Energy	373 kcal
Carbohydrate	77 gm
Protein	17.3 gm
Fat	7.7 gm
Crude fibre	3 gm
Calcium	44 mg
Iron	4.7 mg
Zinc	5 mg



# IRON AND ZINC FORTIFIED READY TO EAT (RTE) FOOD/ PANJIRI



## Target Group and Benefits

- 🍪 Children aged between 4 to 6 years
- 🍪 The developed product is a fortified ready to eat (RTE) food product prepared using locally available ingredients for children especially of pre-school and school going age.
- 🍪 It can be easily used in programmes at schools and anganwadis as it requires no further preparation and is a stable as well as acceptable food product.

## Method of Preparation

- 🍪 It was prepared by roasting the mixture of wheat and chick pea flour in fat on a low to medium flame for about 20 minutes.
- 🍪 After it was cooled down, powdered sugar, skimmed milk powder, NaFeEDTA(25ppm) and ZnO(25ppm) was mixed thoroughly and was sealed in LDPE bags in the serving size of 30g.

## Ingredients

- 🍪 **Wheat flour 51.7%**
- 🍪 **Chick pea flour 17.2%**
- 🍪 **Sugar 20.7%**
- 🍪 **Fat 6.8%**
- 🍪 **Skimmed milk powder 1.4%**

DEVELOPED BY  
Centre of Food Science and Technology, IPS,  
University of Allahabad, UP

# GLUTENFREE PASTA



**SHELF LIFE**  
6 months

**COST**  
NA

## Nutritional Information/100 grams

Carbohydrate	79 gm
Protein	11.2 gm
Fat	1.2 gm
Crude fibre	4.2 gm
Calcium	312 mg
Iron	1.5 mg
Phosphorus	198 mg

# GLUTEN FREE PASTA



## Target Group and Benefits

- 🍲 Celiac disease patients.
- 🍲 Gluten-free Pasta is the kind of pasta that's made from a grain which contains no gluten and therefore can be consumed by celiac disease patients.

## Method of Preparation

- 🍲 Sieving of Corn Flour.
- 🍲 Heat Corn flour with water to gelatinize (400ml of water is used per 100g of sample).
- 🍲 Add ragi flour and guar gum powder into gelatinized corn flour.
- 🍲 Make the dough.

## Ingredients

- 🍲 Ragi flour- **45 g**
- 🍲 Corn flour- **44.14 g**
- 🍲 Guar gum powder- **0.625%**

- 🍲 Pass into pasta maker.
- 🍲 Cutting of pasta.
- 🍲 Dry pasta in hot air oven at 80-85°C for 3-5 hours.
- 🍲 Cool it for 10-15min.
- 🍲 Pack in plastic bags.

DEVELOPED BY  
Centre of Food Science and Technology, IPS,  
University of Allahabad, UP



# MILLET BASED RTE EXTRUDATES



**SHELF LIFE**  
1 month at  
ambient condition

**COST**  
Rs 6/- per serving of 100g  
for preschooler  
Rs 9/- per serving of 150 g  
for sedentary women

## Nutritional Information/100 grams

### PRESCHOOLER(100G)

Energy **563** Kcal

Protein **10** gm

Carbohydrate **84** gm

Iron **6** mg

Calcium **133** mg

### WOMEN (150 G)

Energy **625** Kcal

Protein **17** gm

Carbohydrate **94** gm

Iron **9** mg

Calcium **200** mg

# MILLET BASED RTE EXTRUDATES



## Target Group and Benefits

- 🍲 Preschool Children and Sedentary Women
- 🍲 RTE extruded products prepared by composite flour (using linear programming) are fulfilling the nutritional requirements (calories, protein, iron and calcium) of preschoolers and sedentary women thus provide versatility for the development of high nutritive food products.

## Ingredients

### PRESCHOOL

- 🍲 Red Rice **15g**
- 🍲 Barnyard **40 g**
- 🍲 Kodo **5g**
- 🍲 Finger millet **40g**

### WOMEN

- 🍲 Red Rice **40g**
- 🍲 Barnyard **40g**
- 🍲 Kodo **30g**
- 🍲 Finger millet **40g**

## Method of Preparation

- 🍲 Formulation of composite flour from Kodo millet, barnyard millet, finger millet and red rice
- 🍲 Conditioning of flour by sprinkling water (moisture 20%)
- 🍲 Passing the flour through extruder at 1250C, screw speed 100rpm
- 🍲 Cooling and sprinkling of salt and taste maker before packing

### DEVELOPED BY

Centre of Food Science and Technology, IPS,  
University of Allahabad, UP

# WHEATGRASS MATHRI



## SHELF LIFE

45 days

## COST

Rs. 3/ 100 gm

## Nutritional Information/100 grams

Energy **497** kcal

Protein **7.9** gm

Fat **27.9** gm

Fiber **7.9** gm

Carbohydrate **49** gm

Iron **5.36** mg

Ascorbic acid **7.00** mg

Phosphorus **72.33** mg

Calcium **117** mg



# WHEATGRASS MATHRI



## Target Group and Benefits

- Formulated product is recommended for the all sections of the society but especially for the anemic group.
- Wheatgrass is highly valuable due to its medicinal properties.
- Despite the medicinal properties wheatgrass could not be part of daily diet as it is not a regular part of diet so there is requirement to prepare food products using wheatgrass.

## Method of Preparation

- Wheatgrass flakes, wheat flour and refined oil were mixed in the proportions as obtained in the experimental design to form different formulations.
- These formulated mixes were further mixed with fixed ingredients i.e. common salt (2.8 gm), and ajwain (3.5 gm).
- The dry powder was thoroughly mixed, followed by the addition of refined oil and cold water (25–35 ml), to make pliable dough. Refined oil was used during the dough preparation to enhance the stability

## Ingredients

- Wheatgrass fFlakes
- Wheat flour
- Common salt
- Refined oil
- Spices

of the product as well as improve the texture of the end product. Small round balls were made from the dough, rolled and flattened into circular shape (20 cm diameter) and cut into desirable shape.

- These pieces were fried (according to the combinations) in refined sunflower oil and heated up to  $150\pm 5$  °C to a golden brown colour. The final products were packed in paper/ foil/ polyethylene (PFP) pouches prior to further analysis.

DEVELOPED BY  
Department of Home Science, University of Allahabad

# WHEATGRASS CUPCAKE



**SHELF LIFE**  
7 to 10 days

**COST**  
Rs. 15/100 gm

## Nutritional Information/100 grams

Energy	497 kcal
Protein	12.7 gm
Fat	5.50 gm
Fiber	9 gm
Carbohydrate	50 gm
Phosphorus	78.33 mg
Calcium	160 mg
Iron	12.46 mg

# WHEATGRASS CUPCAKE



## Target Group and Benefits

- ☞ The optimized formulation could be recommended to all the age groups but especially for children, lactating mothers and geriatric population due to its high calcium, iron and fiber content.
- ☞ Wheatgrass (*Triticum aestivum*) is widely used as a medicinal agent for the treatment of multiple human diseases and disorders.
- ☞ Recently, wheatgrass has attracted much research interest due to its beneficial health effects, and antioxidant activity.

## Method of Preparation

- ☞ During preparation of the cake, firstly, dry ingredients (refined wheat flour, baking powder, salt and wheatgrass powder) were mixed thoroughly.
- ☞ In a separate cup, sugar and butter were mixed, and then melted shortening was added and mixed for 1 min at 85 rpm by using a mixer. Then, dry ingredient mix and milk were added simultaneously to

## Ingredients

- ☞ Wheatgrass powder
- ☞ Refined wheat flour
- ☞ Sugar
- ☞ Milk
- ☞ Butter
- ☞ Baking powder
- ☞ Cocoa powder

this mixture and mixed first for 2 min at 85 rpm, then for 1 min at 140 rpm and finally for 2 min at 85 rpm..

- ☞ Take a cupcake mold, cake samples of 100 g were baked in microwave oven at  $180 \pm 5^\circ\text{C}$  for 30 minutes. Wheatgrass cupcake was packed in paper/ foil/ polyethylene (PE) pouches prior to further analysis.

DEVELOPED BY  
Department of Home Science, University of Allahabad



# MAHUANUTRIBALLS



**SHELF LIFE**  
45 Days

**COST**  
Rs. 6.5/100 gm

## Nutritional Information/100 grams

Energy **424** kcal

Protein **11.3** gm

Fat **10.3** gm

Fiber **6** gm

Carbohydrate **74** gm

Phosphorus **403.33** mg

Calcium **217** mg

Iron **4.50** mg

# MAHUANUTRI BALLS



## Target Group and Benefits

- 🍲 Reproductive age group women

## Method of Preparation

- 🍲 Heat a pan and dry roast all ingredients.
- 🍲 Mahua was roasted separately with little oil.

## Ingredients

- 🍲 Mahua
  - 🍲 Sorgham
  - 🍲 Pearl millet
  - 🍲 Sesame seeds
  - 🍲 Flax seeds
- 
- 🍲 Cool the roasted ingredients and coarsely ground in a grinder.
  - 🍲 Mix all the ingredients together and make small balls.

DEVELOPED BY  
Department of Home Science, University of Allahabad

# KATHALE



**SHELF LIFE**  
48 hrs in refrigerator

**COST**  
Rs. 12/100 ml

## Nutritional Information/100 grams

Protein	0.19 %
Fat	0.19 %
fibre	0.002 %
Calcium	2 gm
Iron	1.88 mg
Phosphorus	1.23 mg



# KATH ALE



## Target Group and Benefits

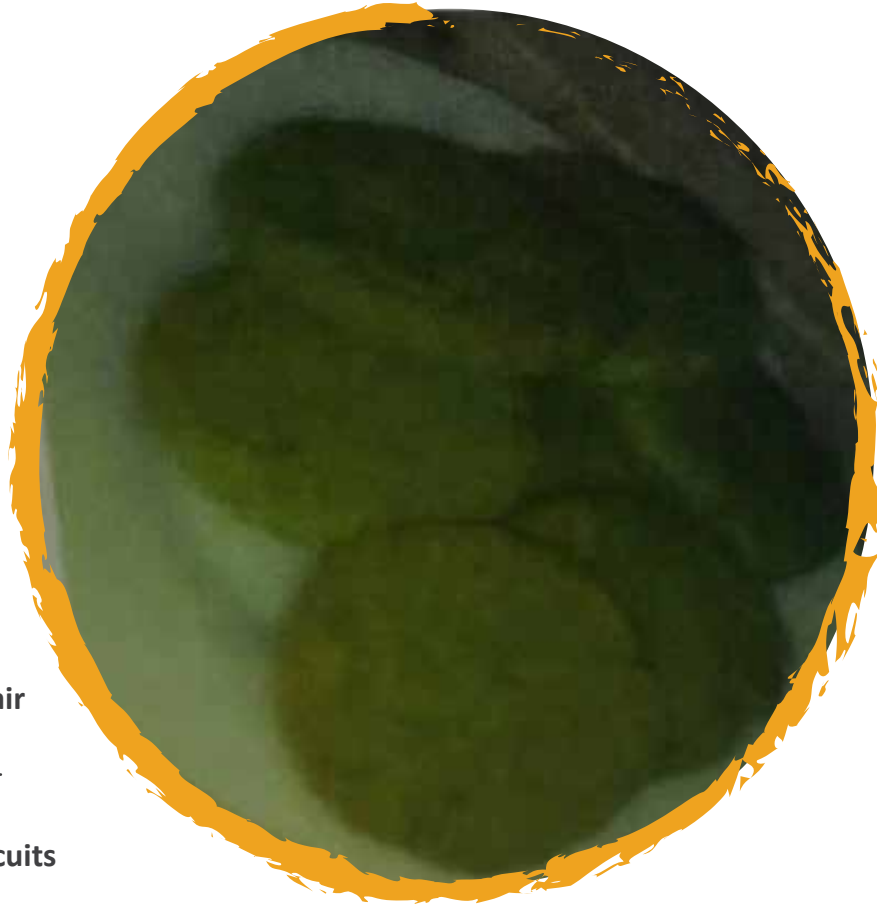
- 🍷 Firstly Kaitha is an underutilized fruit with good nutritional potential.
- 🍷 So its consumption should be increased by producing new products made using kaitha. Fermented drinks are always appreciated for improving digestion and boosting immunity.
- 🍷 Therefore recommended for Geriatric population, people with low gastrointestinal potential.

## Method of Preparation

- 🍷 Take 20 g sugar to a bottle through a dry funnel then added 3g fresh granular active baker's yeast in it.
- 🍷 Grate ginger and make a juice.
- 🍷 Add ginger juice and dry kaitha powder and 200ml clean water to the bottle.
- 🍷 Cap the bottle, ferment for 45 hours and refrigerate.

DEVELOPED BY  
Department of Home Science, University of Allahabad

# SPIRULINA COOKIES



## SHELF LIFE

3 Months in an air tight container

## COST

Rs. 13 for 12 biscuits

## Nutritional Information/100 grams

Protein	20.43 %
Fat	16.25 %
fibre	1.18 %
Calcium	229 gm
Iron	3.94 mg

# SPIRULINA COOKIES



## Target Group and Benefits

- 🍪 Spirulina is blue green algae with rich content of protein, iron, vitamin B12, copper and phytonutrients.
- 🍪 It may be used for combating anemia which is a major community problem of India.
- 🍪 It is recommended to all age groups specially to anemic people.

## Method of Preparation

- 🍪 Mix Spirulina Powder along with other ingredients.
- 🍪 Make into dough.
- 🍪 Then bake at 170 degree C for 10 minutes.

## Ingredients

- 🍪 **Wheat flour**
- 🍪 **Spirulina**
- 🍪 **Sugar**
- 🍪 **Salt**

DEVELOPED BY  
Department of Home Science, University of Allahabad



# MULTIGRAIN GINGER LADOO

IMAGE NOT PROVIDED

## SHELF LIFE

Best 2-3 months;  
3-4 months with  
losses in moisture  
content

## COST

Not calculated

## Nutritional Information/100 grams

Energy

**451** Kcal

Protein

**9** gm

fat

**18.36** gm

Fibre

**1.48** gm

Calcium

**77** mg

Carotene

**32** mcg

Thiamin

**0.24** mg

Riboflavin

**0.04** mg

Niacin

**3.96** mg

Folic acid

**24.44** µg

Iron

**3.04** mg

Vit C

**0.16** mg

Sodium

**11.24** mg

# MULTIGRAIN GINGER LADOO

IMAGE NOT PROVIDED

## Target Group and Benefits

- 🍽️ All ages
- 🍽️ Healthy with macro and micro nutrients.
- 🍽️ Energy giving especially for winter or cool season.

## Ingredients

- 🍽️ Wheat flour
- 🍽️ Barley
- 🍽️ Bengal gram flour
- 🍽️ Groundnut
- 🍽️ Gingelly seeds (til)
- 🍽️ Ginger powder
- 🍽️ Pipali
- 🍽️ Sugar/jaggery
- 🍽️ Ghee
- 🍽️ Green cardamom
- 🍽️ Dates

## Method of Preparation

- 🍽️ Roast all flours, groundnut, gingelly seed separately.
- 🍽️ Grind groundnut coarsely.
- 🍽️ Finely grind sugar (jaggery), herbs and spices.
- 🍽️ Mix the above ingredients.
- 🍽️ Heat ghee/clarified butter and add this to the mixture well.
- 🍽️ Quickly take a portion of the mixture and make balls /laddoos.
- 🍽️ Store in an airtight container

DEVELOPED BY  
**Suman Prasad Maurya**  
NDUAT, Kumarganj, Ayodhya

# GOOSEBERRY MOUTH FRESHENER

IMAGE NOT  
PROVIDED

**SHELF LIFE**  
More than a year

**COST**  
As per the cost of amla

## Nutritional Information/100 grams

Energy	24 Kcal
Carbohydrate	4 gm
Protein	0.34 gm
Total Fat	0.16 gm
Vitamin C	252 mg



# GOOSEBERRY MOUTH FRESHENER

IMAGE NOT PROVIDED

## Target Group and Benefits

- 🍵 All ages
- 🍵 Rich in Vitamin C

## Ingredients

- 🍵 Amla

## Method of Preparation

- 🍵 Wash the amla fruit.
- 🍵 Grate the fruit, sun dry and store.
- 🍵 Consume after meals or as and when wanted.

DEVELOPED BY  
**Suman Prasad Maurya**  
NDUAT, Kumarganj, Ayodhya

# CAKE USING COARSELY GROUND CHIA SEEDS

IMAGE NOT PROVIDED

**SHELF LIFE**  
4-5 days

**COST**  
Rs. 64/- 202g

## Nutritional Information/100 grams

Energy	425 Kcal
Carbohydrate	56 gm
Fat	20.2 gm
Protein	5.1 gm
Crude Fibre	2.2 mg

# CAKE USING COARSELY GROUND CHIA SEEDS

IMAGE NOT PROVIDED

## Target Group and Benefits

- 🍽 Children.

Chia seeds are rich in:

- 🍽 Omega-3, which reduces the level of triglycerides
- 🍽 Phytosterols, prevent cardiovascular diseases
- 🍽 Possess anticancer, antioxidants, bactericidal, and antifungal effects.

Jaggery contains:

- 🍽 Micronutrients which possess antitoxic and anti-carcinogenic properties.

## Ingredients

- 🍽 Whole wheat flour: **35 g**
- 🍽 Grounded Chia seeds: **15 g**
- 🍽 Jaggery Powder: **50 g**
- 🍽 Butter: **50 g**
- 🍽 Egg: **50 g**
- 🍽 Baking Powder: **1.5 g**
- 🍽 Vanilla Essence: **1 ml**

## Method of Preparation

- 🍽 The cake was prepared using whole wheat flour and different proportion of coarsely grounded chia seeds (20%, 30%, 40%)
- 🍽 Jaggery was used as sweetener to optimize the concentration.
- 🍽 Cake was prepared

DEVELOPED BY  
Department of Food and Nutrition, Lady Irwin College,  
University of Delhi



# IRON RICH CHIKKI



**SHELF LIFE**  
3 months

**COST**  
Rs. 31/- 100 gm

## Nutritional Information/100 grams

Carbohydrate	59 gm
Protein	7.20 gm
Iron	12.20 mg

# IRON RICH CHIKKI



## Target Group and Benefits

All age group people

### **BENEFITS:**

- ☞ Rich in antioxidants
- ☞ Promotes brain health
- ☞ Controls diabetes
- ☞ Reduces cholesterol
- ☞ Rich in protein
- ☞ Boosts the immune system

## Ingredients

- ☞ Jaggery: 60 gm
- ☞ Date: 15 gm
- ☞ Pearl Millet: 10 gm
- ☞ Walnut: 5 gm
- ☞ Sesame seed: 5 gm
- ☞ Pumpkin seed: 2.5 gm
- ☞ Watermelon seed: 2.5 gm

## Method of Preparation

- ☞ The product was made using the standard procedure using the new ingredients

DEVELOPED BY  
Department of Food and Nutrition, Lady Irwin College,  
University of Delhi

# ANTIOXIDANT RICH CHOCOLATES (USING MANGO KERNELS)

IMAGE NOT  
PROVIDED

**SHELF LIFE**  
8 months

**COST**  
Rs. 39/- 100 gm

## Nutritional Information/100 grams

Energy	529 Kcal
Carbohydrate	66-81 gm
Fat	27.4 gm
Protein	3.8 gm



# ANTIOXIDANT RICH CHOCOLATES (USING MANGO KERNELS)

IMAGE NOT PROVIDED

## Target Group and Benefits

All age groups.

Chocolates are a source of:

🍫 Antioxidant compounds

🍫 Lipids

Mango kernels are potential source for:

🍫 Functional food ingredients

🍫 Antimicrobial compounds

🍫 Fat

🍫 Protein

## Ingredients

🍫 Dark chocolate: 95 gm

🍫 Mango seeds: 5 gm

## Method of Preparation

🍫 Chocolates were developed using standardized development techniques with two variants – unroasted mango kernel chocolates and roasted mango kernel chocolates.

DEVELOPED BY  
Department of Food and Nutrition, Lady Irwin College,  
University of Delhi

# GUAVA FLAVOURED MAYONNAISE

IMAGE NOT  
PROVIDED

**SHELF LIFE**  
2 months

**COST**  
Rs. 42/- 100 gm

## Nutritional Information/100 grams

Energy	391 Kcal
Carbohydrate	27 gm
Fat	32.5 gm
Protein	3.9 gm
Vitamin C	33 mg

# GUAVA FLAVOURED MAYONNAISE

IMAGE NOT  
PROVIDED

## Target Group and Benefits

Children.

Milk is a good source of:

- Essential amino acids
- Complete food

Guava is rich in:

- Vitamin A, prevents night-blindness
- Vitamin C, prevents scurvy
- Rich in PUFA
- Dietary fibre

## Method of Preparation

- Mayonnaise was prepared using the basic procedure and guava was incorporated as the flavouring agent

## Ingredients

- Milk powder: 22.5
- Water: 22.5
- Soybean Oil: 27
- Vinegar: 4.5
- Lemon Juice: 4.5
- Salt: 0.9
- Mustard powder: 1.8
- Black Pepper: 1.8
- Xanthan gum: 0.45
- Guar gum: 0.5
- Soy lecithin: 3.6
- Guava Pulp: 10

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Department of Food and Nutrition, Lady Irwin College,  
University of Delhi



# PIZZA BASE

(with Refined Wheat, Soybean and Oat Flour)

IMAGE NOT PROVIDED

**SHELF LIFE**  
6 months

**COST**  
Rs. 25/- 100 gm

## Nutritional Information/100 grams

Energy	335 Kcal
Carbohydrate	56 gm
Fat	8.9 gm
Protein	7.9 gm
Crude Fibre	33 mg

# PIZZA BASE

(with Refined Wheat, Soybean and Oat Flour)

IMAGE NOT PROVIDED

## Target Group and Benefits

All age groups.

Oats are an excellent source of:

- ☞ soluble fibre in the form of beta-glucans,
- ☞ Rich in antioxidants
- ☞ B- Vitamins and minerals
- ☞ Proteins
- ☞ Plant fat.

Soybean :

- ☞ Rich in good quality protein
- ☞ Rich in vitamins and minerals
- ☞ Lowers serum cholesterol levels.

## Ingredients

- ☞ Refined wheat flour: **40%**
- ☞ Oats flour: **40%**
- ☞ Soybean flour: **20%**
- ☞ Yeast: **2 gm**
- ☞ Water: **40 ml**
- ☞ Oil: **5 ml**
- ☞ Salt and sugar: **1/4 tea spoon**

## Method of Preparation

- ☞ Ingredients were standardised
- ☞ Time- temperature combination was optimized
- ☞ Dough was prepared and yeast was added with salt
- ☞ Dough was kept for 10-15 minutes
- ☞ Baking was done at 175 °C for 10 minutes

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Department of Food and Nutrition, Lady Irwin College,  
University of Delhi

# GLUTENFREE COOKIES



**SHELF LIFE**  
6 months

**COST**  
Rs. 125/- 250 gm

## Nutritional Information/100 grams

Carbohydrate	71 gm
Protein	6.7 gm
Fat	12.20 gm



# GLUTEN FREE COOKIES



## Target Group and Benefits

Gluten intolerant people

### BENEFITS

- ☞ Rich in fibre
- ☞ Low glycemic index
- ☞ Rich in iron
- ☞ Good for heart health
- ☞ Lowers blood sugar level
- ☞ Improves bladder health
- ☞ Good source of antioxidants

## Ingredients

- ☞ Raw banana flour: **15%**
- ☞ Corn flour: **30%**
- ☞ Arrowroot flour: **30%**
- ☞ Pumpkin seeds powder: **10%**
- ☞ Skim milk powder: **15%**
- ☞ Cocoa powder
- ☞ Butter
- ☞ Castor sugar: **50%**
- ☞ Milk
- ☞ Egg
- ☞ Baking powder

## Method of Preparation

- ☞ Cookies were prepared using the standard procedure with the new ingredients

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# NUTRIBAR FROM MILLETS

IMAGE NOT PROVIDED

**SHELF LIFE**  
8 months

**COST**  
Rs. 34/- 100 gm

## Nutritional Information/100 grams

Energy	352 Kcal
Carbohydrate	75 gm
Fat	3.5 gm
Crude Fibre	20.5 mg
Calcium	20 mg

# NUTRIBAR FROM MILLETS

IMAGE NOT PROVIDED

## Target Group and Benefits

School going children, working people

### BENEFITS

- Helps in controlling diabetes
- Rich in fibre (beta – glucan)
- Rich source of vitamins and minerals
- Increases cholesterol metabolism
- Anti-cancer properties
- Helps in preventing heart diseases
- Removes the toxins from the liver

## Ingredients

- Puffed millets: 25 gm
- Jaggery: 45 gm
- Oats: 15 gm
- Flax seeds: 5 gm
- Watermelon seeds: 5 gm
- Poppy seeds: 5 gm
- Dry fruits: 2 gm

## Method of Preparation

- Roast the puffed millets (pearl millet and sorghum) , oats , flaxseeds , watermelon seeds and poppy seeds for 1-2 minutes
- Prepare a jaggery syrup in a pan with water and cook for 4-5 minutes and stir continuously
- Add the dry ingredients to the syrup and mix well
- Cut the product into bars.

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# ALLERGEN FREE FROZEN DESSERTS

IMAGE NOT  
PROVIDED

## SHELF LIFE

Ice Cream 4 months

Cookies: 6 months

## COST

Rs. NA

## Nutritional Information/100 grams

Fat

9.7 gm

Protein

3 gm

# ALLERGEN FREE FROZEN DESSERTS

IMAGE NOT  
PROVIDED

## Target Group and Benefits

People allergic to eggs, gluten, soya bean, tree nuts, peanuts and milk

Benefits -

- 🍪 Lowers the cholesterol
- 🍪 Rich in antioxidants
- 🍪 May reduce cancer risk
- 🍪 Contain high quality protein
- 🍪 Ease in digestion

## Ingredients

- 🍪 Oat flour
- 🍪 White sugar
- 🍪 Brown sugar
- 🍪 Ground flax seeds
- 🍪 Vanilla extract
- 🍪 Full fat coconut milk
- 🍪 Coconut oil
- 🍪 Baking soda
- 🍪 Strawberries
- 🍪 Vodka
- 🍪 Maple syrup
- 🍪 Sea salt
- 🍪 Lemon
- 🍪 Banana

## Method of Preparation

### COOKIES

- 🍪 Preheat the oven to 350°F
- 🍪 Mix the oil and sugars in stand mixture
- 🍪 Add flax meal and vanilla and beat until smooth and add salt and soda
- 🍪 Add the oat flour and prepare a dough
- 🍪 Bake on a greased tray for 7 minutes or until the edges are barely golden

### ICE CREAM

- 🍪 Blend all the ingredients in a high speed blender
- 🍪 Put in a freezer container and freeze or use an ice cream maker
- 🍪 Stir every 30 minutes until frozen (if not using ice cream mixture)
- 🍪 Freeze overnight for the most firm consistency

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# PHOENIX – BERRY JAM



**SHELF LIFE**  
12 months

**COST**  
Rs. 600/- 500 gm

## Nutritional Information/100 grams

Iron **94** mg

Vitamin C **59** mg



# PHOENIX – BERRY JAM



## Target Group and Benefits

- ☞ All age groups.

### BENEFITS

- ☞ Nutrient rich
- ☞ Rich in vitamin C, K & B complex
- ☞ Anti – geriatric
- ☞ Anti – oxidant
- ☞ Rich in vitamins and minerals

## Ingredients

- ☞ Phoenix pulp: **120 gm**
- ☞ Berry pulp: **80 gm**
- ☞ Sugar: **75-80%**
- ☞ Pectin: **1 gm**
- ☞ Citric acid: **0.4 gm**
- ☞ Preservative: **0.5 gm**

## Method of Preparation

- ☞ Prepared with the standard procedure of making jam

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# PROBIOTIC POMODORO KULFI

IMAGE NOT PROVIDED

**SHELF LIFE**  
12 months

**COST**  
Rs. 52/- 100 gm

## Nutritional Information/100 grams

Fat	3.9 gm
Protein	8.7 gm
Sucrose	8.7 gm

# PROBIOTIC POMODORO KULFI

IMAGE NOT PROVIDED

## Target Group and Benefits

Lactose intolerant, people with weak digestive system and low immunity

- 🍯 Anti- microbial activity
- 🍯 Prevents and treats diarrhoea
- 🍯 Relieves from symptoms caused by lactose intolerance
- 🍯 Has anti-carcinogenic activity
- 🍯 Has anti-mutagenic activity
- 🍯 Stimulates digestive system

## Method of Preparation

- 🍯 Concentrate milk to about two folds
- 🍯 Add honey and cardamom
- 🍯 Cool the mix to room temperature
- 🍯 Add tomato juice under sterilized conditions, stirring constantly
- 🍯 Transfer mix to 80ml conical mould
- 🍯 Add probiotic strain to mix under laminar airflow chamber
- 🍯 Incubate the mix at 5 °C for 1-2 hours
- 🍯 Freeze the mix at -18 to -20 °C for 10-12 hours

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# GRANITA

(from Aparajita flower)



## SHELF LIFE

8 months

## COST

Rs. 24/- 100 gm

## Nutritional Information/100 grams

Total soluble solids 55

Vitamin C 59 mg

# GRANITA

(from Aparajita flower)



## Target Group and Benefits

People of all age groups

### BENEFITS

- ☞ Memory enhancer
- ☞ Anti-stress, tranquilizing nootropic and calming agent
- ☞ Promotes intelligence
- ☞ Antioxidant properties
- ☞ Enhances sight acuteness
- ☞ Prevents cancer
- ☞ Controls type-2 diabetes
- ☞ Reduces coronary heart disease

## Method of Preparation

- ☞ Anthocyanin extract and bioactive were added to the sugar syrup at the rate of 1.5% and 0.002% respectively
- ☞ Blueberry essence was added at the rate of 0.001% into it
- ☞ Water was added in the ratio of 1:3 (i.e. 1part concentrate and 3 parts water)
- ☞ The mixture is poured into a glass dish or flat-bottomed pan

## Ingredients

- ☞ Water: 200 ml
- ☞ Sugar: 50 gm
- ☞ Anthocyanin extract:- ml
- ☞ Bioactive components (from seed): 200 µl
- ☞ Citric acid: 0.25gm
- ☞ Sodium bicarbonate: 0.63gm
- ☞ Blueberry essence: 100 µl

- ☞ It was placed in the freezer for 30 minutes
- ☞ The mixture was stirred very thoroughly with a fork and was allowed to freeze for another 30 minutes
- ☞ This process was repeated in every 30 minutes for 2 hours

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# COOKIES USING FINGER MILLET FLOUR AND BLACK SOYBEAN

IMAGE NOT PROVIDED

**SHELF LIFE**  
15 days

**COST**  
Rs. 47/- 200 gm

## Nutritional Information/100 grams

Energy	556 Kcal
Carbohydrate	17 gm
Fat	34.6 gm
Crude Fibre	36.8 gm
Calcium	22 mg
Iron	12 mg
Vitamin C	12 mg



# COOKIES USING FINGER MILLET FLOUR AND BLACK SOYBEAN

IMAGE NOT PROVIDED

## Target Group and Benefits

People with iron and calcium deficiency

### BENEFITS

- ☞ Anti-diabetic
- ☞ Anti-diarrheal
- ☞ Anti-inflammatory
- ☞ Antioxidant and antimicrobial properties
- ☞ Rich source of calcium, phosphorus, essential amino acids and iron

## Method of Preparation

- ☞ Soak the black soybean for 3-4 hours and then grind
- ☞ Preheat the oven at 145 °C
- ☞ Sieve finger millet flour with baking powder and salt
- ☞ Cream the butter and beat in melted jaggery and add flavour
- ☞ Mix in small proportions in butter
- ☞ Mix beans paste in flour mixture
- ☞ Develop the dough
- ☞ Form sheet and cut into desired shape
- ☞ Bake at 145 °C for 20-25 minutes

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# GRAM FLOUR CHIPS

(fortified with flax seeds and chia seeds)

IMAGE NOT PROVIDED

**SHELF LIFE**  
4 months

**COST**  
Rs. 42/- 100 gm

## Nutritional Information/100 grams

Energy	442 Kcal
Protein	20.8 gm
Carbohydrate	54 gm
Total Fat	16.05 gm
Crude Fibre	6.7 gm
Calcium	230 mg

# GRAM FLOUR CHIPS

(fortified with flax seeds and chia seeds)

IMAGE NOT  
PROVIDED

## Target Group and Benefits

Vegetarians, heart patients, diabetics, people with high blood pressure and cholesterol

### BENEFITS

- Rich source of protein
- Prevents cardio vascular and heart diseases
- Helps to control high blood pressure, cholesterol and blood glucose levels
- Helps prevent hyperglycaemia, hypertension and hyperlipidemia
- Excellent source of calcium, phosphorus and potassium
- Anti-inflammatory, anti-arrhythmic and anti-carcinogenic

## Method of Preparation

- Preheat the oven at 170 °C
- Knead flour with salt, oil and pepper and lukewarm water
- Make small balls from the dough
- Roll into thin chapattis and then cut into small triangles
- Grease a baking tray and keep the triangles on it
- Bake for 10 minutes

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# PAPAYA BEVERAGE

(Ready-To-Serve Spiced Papaya Beverage)



## SHELF LIFE

7 day at  
refrigerated  
conditions

## COST

Rs. 13/- 100 gm

## Nutritional Information/100 grams

Energy	40 Kcal
Protein	0.9 gm
Carbohydrate	16 gm
Total Fat	0.7 gm

# PAPAYA BEVERAGE

(Ready-To-Serve Spiced Papaya Beverage)



## Target Group and Benefits

All age groups

### BENEFITS

- High in fibre
- High in vitamins and minerals
- Good antioxidant

## Method of Preparation

- Papaya was washed and peeled. It was then cut into two halves and seeds were removed
- The pulp was grinded and filtered through muslin cloth
- Fresh ginger and ground black pepper powder were boiled for 10 mins

## Ingredients

- Papaya
- Ginger
- Black pepper
- Salt/sugar
- Lemon juice

- Salt, lemon and sugar were added and a preservative potassium metabisulphite were also added
- It was filled in sterilized glass bottles and corking was done.
- This was followed by pasteurization at 80°C for 20 minutes

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# CARROT TOFFEES

IMAGE NOT PROVIDED

**SHELF LIFE**  
2 months

**COST**  
Rs. 13/- 100 gm

## Nutritional Information/100 grams

Energy	175 Kcal
Protein	0.6 gm
Carbohydrate	42 gm
Fat	1.12 gm
Vitamin A	652 ug



# CARROT TOFFEES

IMAGE NOT PROVIDED

## Target Group and Benefits

All age groups

### BENEFITS

- 🍷 Carrot-rich in antioxidants that protect body from cardiovascular diseases, cancer, good for vision due to high levels of beta carotene
- 🍷 Carrots can help prevent post-menopausal breast cancer & also protects body from other forms of cancer in the bladder, colon, larynx, & prostate
- 🍷 Regulate blood sugar in the body
- 🍷 Zero fat content

## Method of Preparation

- 🍷 Carrots were washed and boiled and made into a paste
- 🍷 Sugar was added to the paste
- 🍷 Water was boiled & pectin was added to it with continuous stirring
- 🍷 Mixture was cooled until the TSS was 68°Brix
- 🍷 Small round toffees were made using oil on the palm

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# BURANSHCAKE

IMAGE NOT  
PROVIDED

**SHELF LIFE**  
9 days

**COST**  
Rs. 43/- 250 gm

## Nutritional Information/100 grams

Energy	175 Kcal
Protein	0.6 gm
Carbohydrate	42 gm
Fat	1.12 gm
Sugar	38 gm
Vitamin A	652 ug

# BURANSH CAKE

IMAGE NOT PROVIDED

## Target Group and Benefits

- 🍷 All age groups

### BENEFITS

- 🍷 Buransh flowers offers fibre & is good source of K, Ca, Fe, & vitamin C
- 🍷 Offer good amount of phytochemicals of medicinal value -phenols, saponins, xanthoproteins, tannins, flavonoid quercetin & coumarins
- 🍷 Is anti-diabetic, anti-inflammatory, antimicrobial, & has heart and liver protecting properties.
- 🍷 Apple is high in pectin fibre, boost metabolic levels, improve heart health & regulate blood sugar levels

## Method of Preparation

- 🍷 Preheat the oven to 180°C & grease the baking pan with butter.
- 🍷 Whisk together flours, baking soda in a large bowl. Separately mix sugar & melted butter.
- 🍷 Peel, wash & grate the apple. In a pan take 50 ml water. Add grated apple, powdered sugar to the boiling pan. Keep heating until the mixture gets viscous & light brown.
- 🍷 Mix dry & wet ingredients together & whisk to get a pouring consistency.
- 🍷 Pour the batter in the greased baking pan & bake for 20 mins.

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# RAGI JALJEERA



**SHELF LIFE**  
5 months

**COST**  
Rs. 20/- 500 ml

## Nutritional Information/100 grams

Calories **481** Kcal

Protein **10.7** gm

Total dietary fibre **16** gm

# RAGI JALJEERA



## Target Group and Benefits

All age groups

### BENEFITS

- ☞ Provides hydration and has no added sugar
- ☞ Reduces appetite; has high amount of dietary fibre
- ☞ Mint- source of vitamin A, contains antioxidant & anti-inflammatory agent
- ☞ Lowers cholesterol, increase Fe absorption, improve digestive health

## Method of Preparation

- ☞ Take 100ml of ragi milk (100g of ragi soaked in 350 ml of water overnight. Boil it with 50 ml of water for 10 min. Grind it with 300 ml water. Place the ground mass in muslin cloth & extract milk from mass) and prepared mint juice to it.

## Ingredients

- ☞ Whole ragi: **200 gm**
- ☞ Lemon juice: **1 tbsp.**
- ☞ Mint leaves: **10 gm**
- ☞ Chaat masala: **1 tsp**
- ☞ Salt: **pinch**

- ☞ Add 1 tbsp lemon juice, 1 tsp. chaat masala, pinch of salt for flavouring ragi & mint water.
- ☞ Shake it & allow it to cool for a while.
- ☞ Serve chilled for better consumer acceptance.

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# BITERITEBAR



**SHELF LIFE**  
9 months

**COST**  
Rs. 25/- 100 gm

## Nutritional Information/100 grams

Carbohydrate	53 gm
Total Fat	24.7 gm
Protein	13.8 gm
Saturated fat	2.7 gm
Dietary fibre	5.7 gm



# BITE RITE BAR



## Target Group and Benefits

All age groups

### BENEFITS

- 🍪 Oats- prevents CVD disease
- 🍪 Amaranth seeds- aids in weight management
- 🍪 Puffed rice- low in calories, gluten free
- 🍪 Sesame seeds- rich in oleic acid, lowers LDL
- 🍪 Dates- rich in dietary fibre, antioxidant
- 🍪 Cinnamon- antioxidant, anti-diabetic, anti-septic, anti-inflammatory, anti-flatulent properties
- 🍪 Jaggery- rich in Fe and good for diabetics

## Method of Preparation

- 🍪 Weigh 25g of oats, 1.5g each puffed rice, amaranth seeds, Bengal gram dhal dry, & 10g each almond, coconut, peanuts, dates, 5g sesame seeds & 60g jaggery & 20g butter.
- 🍪 Roast all the dry ingredients separately (including nuts & coconut) & bring jaggery plus table spoon of water to boil until one drop consistency.

## Ingredients

- 🍪 Oats: 25 gm
- 🍪 Puffed rice: 15 gm
- 🍪 Amaranth seeds: 15 gm
- 🍪 Black chana whole (roasted): 10 gm
- 🍪 Jaggery/honey: 20 gm
- 🍪 Butter: 20 gm
- 🍪 Coconut dry: 15 gm
- 🍪 Choco chips: 10 gm
- 🍪 Almonds: 10 gm
- 🍪 Peanuts: 10 gm
- 🍪 Walnuts: 5 gm
- 🍪 Dates: 5 gm
- 🍪 Green cardamom: 2 gm
- 🍪 Cinnamon: 1 gm

- 🍪 Add all the ingredients to this mixture with constant stirring & mix it properly & then immediately spread it uniformly in the tray.
- 🍪 Then sprinkle sesame seeds & nuts over it. Let it cool for 15 mins & then cut it out into desired shapes.

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# SPIRULINA NUTRISHAKE

IMAGE NOT PROVIDED

**SHELF LIFE**  
15 months

**COST**  
Rs. 30/- 250 ml  
(one bottle)

## Nutritional Information/100 grams

Energy	144 Kcal
Carbohydrate	33 gm
Fat	0.5 gm
Protein	3.7 gm
Calcium	68 mg

# SPIRULINA NUTRISHAKE

IMAGE NOT PROVIDED

## Target Group and Benefits

All age groups

### BENEFITS

- 🍵 Spirulina- rich source of beta carotene; anti-cancer property
- 🍵 Papaya: used to cure intestinal problems & kill intestinal worms & parasites
- 🍵 Yoghurt: rich in K, Ca, protein & vitamins-B-12
- 🍵 Orange juice: rich in vitamin C, potassium, folic acid
- 🍵 Pineapple juice: has anti-inflammatory properties.

## Method of Preparation

- 🍵 Peel around 100g papaya & make it into a puree
- 🍵 Take fresh oranges & blend them in a juicer to squeeze 150 ml orange juice
- 🍵 Take fresh pineapple & blend it in a juicer to squeeze out 10 ml juice
- 🍵 Weigh 20g yoghurt accurately
- 🍵 Put all the ingredients together in a blender along with 900 mg of spirulina powder & blend

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# RAGIFLAX COOKIES

IMAGE NOT PROVIDED

**SHELF LIFE**  
4 months

**COST**  
Rs. 26/- 150 gm

## Nutritional Information/100 grams

Engery	431 Kcal
Carbohydrate	53 gm
Fat	23.6 gm
Protein	6.4 gm

# RAGI FLAX COOKIES

IMAGE NOT PROVIDED

## Target Group and Benefits

All age groups

### BENEFITS

- 🍪 Ragi flour is a good source of protein and is gluten free.
- 🍪 It acts as a good baby food due to its rich nutrient content and also is a great whole grain source of calcium.
- 🍪 Flax seeds are rich in omega-3 essential fatty acids and lignans- which have both plant estrogen and antioxidant qualities.
- 🍪 Flax seeds contain both soluble and insoluble fibre.
- 🍪 It also helps in prevention of growth of cancerous cells.
- 🍪 Cinnamon powder lowers blood sugar levels and has antifungal, antiviral and anti-inflammatory properties.

## Method of Preparation

- 🍪 Weigh the flours (as measured) and sieve the flours and a pinch of baking powder together for 3-4 times.
- 🍪 Cream the butter and castor sugar well and add the beaten egg white and vanilla essence to the creamed mixture.
- 🍪 Add the flaxseeds in to the mixture and make them into a dough.
- 🍪 Divide the mixture into small walnut size balls and coat the balls with flaxseeds on a greased baking tray.
- 🍪 Bake at 170 degree Celsius for 10-12 minutes in a pre-heated oven.
- 🍪 Cool the cookies on wire mesh and proceed for packaging.

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# BUN WITH MAIZE FLOUR

IMAGE NOT PROVIDED

## SHELF LIFE

10 days

## COST

Rs. 18/- 100 gm

## Nutritional Information/100 grams

Protein

8.58 gm



# BUN WITH MAIZE FLOUR

IMAGE NOT PROVIDED

## Target Group and Benefits

The target group is all age groups

Maize is rich in

- 🍷 Omega- 3
- 🍷 Minerals

## Ingredients

- 🍷 Maize flour: **10 gm**
- 🍷 Wheat flour: **90 gm**
- 🍷 Water
- 🍷 Sugar: **10 gm**
- 🍷 Salt: **5 gm**
- 🍷 Yeast: **5 gm**
- 🍷 Shortening: **5 gm**
- 🍷 Non- fat dry milk: **5 gm**

## Method of Preparation

- 🍷 Add yeast, salt, shortening, non- fat dry milk, sugar, whole wheat flour and 55ml water.
- 🍷 Knead the dough and keep for proofing till pin whole stage.
- 🍷 Bake in oven at 218°C and then cool down.

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# TOMATO MUSHROOM MIXED KETCHUP

IMAGE NOT  
PROVIDED

**SHELF LIFE**  
4 weeks

**COST**  
Rs. 35/- 500 ml

## Nutritional Information/100 grams

Protein

**1.53** gm

# TOMATO MUSHROOM MIXED KETCHUP

IMAGE NOT PROVIDED

## Target Group and Benefits

The target groups are anaemic and diabetic person

Tomatoes are rich in

- 🍷 Vitamin A
- 🍷 Folic Acid

Mushroom are rich in

- 🍷 Vitamin B

## Ingredients

- 🍷 Tomato pulp: 250 kg
- 🍷 Onion: 75 gm
- 🍷 Garlic: 10 gm
- 🍷 Sugar: 30 gm
- 🍷 Black pepper: 5 gm
- 🍷 Cinnamon: 5 gm
- 🍷 Salt: 15 gm
- 🍷 Cloves: 5 gm
- 🍷 Cardamom: 5 gm
- 🍷 Cumin seeds: 5 gm
- 🍷 Red chilli powder: 5 gm
- 🍷 Vinegar: 5 ml
- 🍷 Sodium benzoate: 0.03 gm

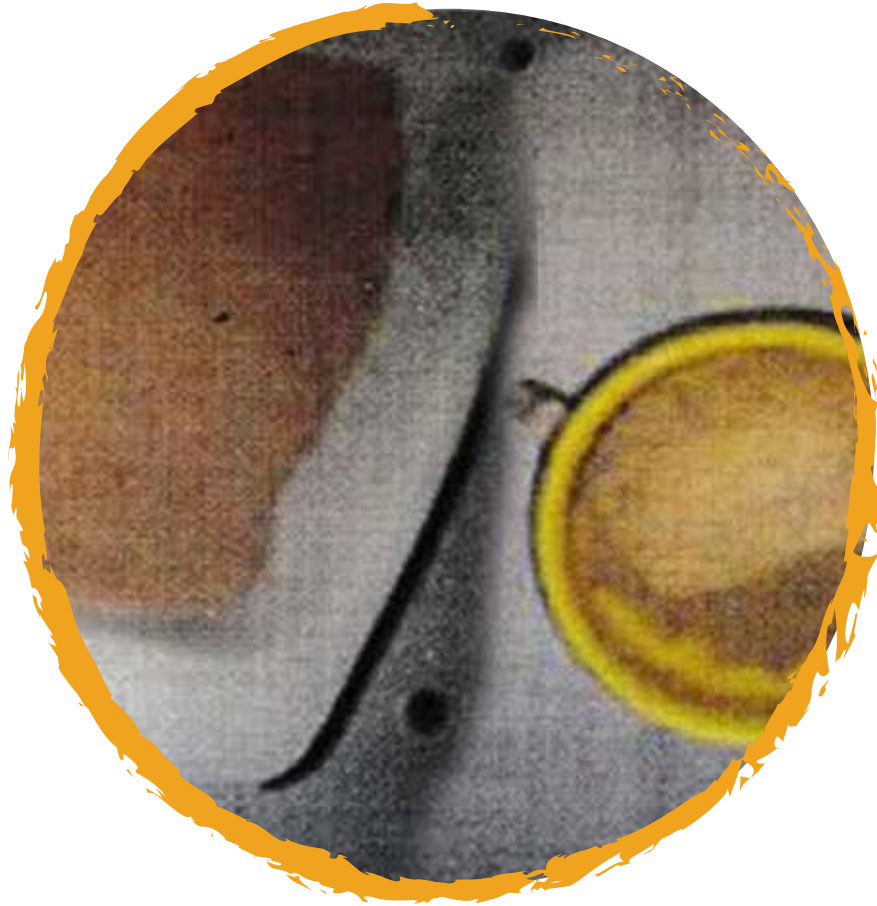
## Method of Preparation

- 🍷 Chopped tomatoes and mushroom cooked with all spices and grinding.
- 🍷 It is then strained through sieve and cooking is continued with pulp, sugar, salt and vinegar.
- 🍷 Cooled and packed in pre-sterilized glass bottles.

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# PROBIOTIC MILK DRINK POWDER



**SHELF LIFE**  
6 months

**COST**  
NA

## Nutritional Information/100 grams

Protein	19.82 gm
Fat	16.05 gm

# PROBIOTIC MILK DRINK POWDER

## Target Group and Benefits

Lactose intolerant people.

Probiotic helps in –

- ☞ Treatment of diarrhoea, immunomodulation.
- ☞ Increase production of lymphocytes.

## Method of Preparation

- ☞ Mix dairy whitener, sugar, coco powder, flavour and probiotic strain then sieve the mixture and store at room temperature.

## Ingredients

- ☞ Dairy whitener: **80 gm**
- ☞ Sugar: **10 gm**
- ☞ Cocoa powder: **10 gm**
- ☞ Flavour: **0.05%**
- ☞ Probiotic strain

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# APPLE SPREAD

(Value added apple spread with aloe vera juice and dates)

IMAGE NOT PROVIDED

**SHELF LIFE**

7 days

**COST**

NA

## Nutritional Information/100 grams

Sucrose content

less than **10** %

Vitamin C

**12.04** %



# APPLE SPREAD

(Value added apple spread with aloe vera juice and dates)

IMAGE NOT PROVIDED

## Target Group and Benefits

Diabetic patients, all age groups.

Apples rich in-

🍷 Antioxidant

🍷 Vitamin C

🍷 Vitamin B-complex.

Orange rich in-

🍷 Vitamin C

🍷 Vitamin A

🍷 Vitamin B- complex.

Aloe vera reduce blood glucose.

Dates rich in dietary fibre, antioxidant.

## Ingredients

🍷 Apple

🍷 Aloe vera

🍷 Orange

🍷 Dates

## Method of Preparation

🍷 Orange juice, aloe vera juice, sugar, orange peel powder, orange juice concentrate was mixed thoroughly.

🍷 The mixture was poured into sterilised ice tray and beaten twice at an interval of 20 min. The mix was covered with cellophane sheet and kept for freezing for 4 hours.

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# WHOLE WHEAT PIZZA BASE

(with Bengal gram flour)

IMAGE NOT  
PROVIDED

**SHELF LIFE**  
3 days

**COST**  
Rs. NA

## Nutritional Information/100 grams

Energy	345 Kcal
Carbohydrate	57 gm
Fat	4.12 gm
Protein	19.60 gm
Iron	0.18 mg
Dietary fibre	2.15 gm

# WHOLE WHEAT PIZZA BASE

(with Bengal gram flour)

IMAGE NOT  
PROVIDED

## Target Group and Benefits

Bengal gram rich in –

- 🍲 Fe
- 🍲 Zn
- 🍲 Mg
- 🍲 Reduce risk of chronic disease.

## Method of Preparation

- 🍲 Dissolve yeast in lukewarm water, stir in sugar and keep for 10 min till frothy and on other side sieve the flour, make a well in centre.
- 🍲 Add yeast mixture to the flour along with the fat, salt and prepare the dough using little water.
- 🍲 Divide the dough into 2 parts and cover with a wet muslin cloth and keep it for 45 min till it doubles in size.
- 🍲 Knead lightly and roll out into thick chapatis and keep for 10-15 min.
- 🍲 Bake at 175°C for 10 min till golden brown on the bottom.

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# ANTIOXIDANT RICH DRINK

from Fruits and vegetable Pomace

IMAGE NOT PROVIDED

**SHELF LIFE**  
1 year

**COST**  
NA

## Nutritional Information/100 grams

Total fibre	2.19 gm
Carbohydrates	69.40 %
Protein	3.37 gm
Fat	0.12 gm

# ANTIOXIDANT RICH DRINK

from Fruits and vegetable Pomace

IMAGE NOT  
PROVIDED

## Target Group and Benefits

- 🍷 All age groups

### Benefits:

#### Antioxidants-

- 🍷 Protect the cells from damage inflicted by free radicals.
- 🍷 Needed for most body metabolic functions.

#### Fruits and vegetables are rich in –

- 🍷 Phenolic compounds
- 🍷 Carotenoids
- 🍷 Flavonoids
- 🍷 Vitamins.

## Method of Preparation

- 🍷 Clean and wash the vegetables.
- 🍷 Peel the vegetables.
- 🍷 Extract the juice from carrot, beetroot and apple to obtain the pomace by juicer.
- 🍷 Dry the pomace at 60°C for 8 hours in the dehydrator.
- 🍷 Powder in grinder.
- 🍷 Reconstitute with water.
- 🍷 Filter through muslin cloth.

DEVELOPED BY

Department of Food and Nutrition, Lady Irwin College,  
University of Delhi

# EXTRUDED MULTIGRAIN SPAGHETTI

fortified with calcium caseinate protein



**SHELF LIFE**  
7 days

**COST**  
Rs 45/ 100 gms

## Nutritional Information/100 grams

Energy	307 Kcal
Protein	19.7 gm
Fat	1.5 %
Calcium	145 mg
Carbohydrate	52 gm




# EXTRUDED MULTIGRAIN SPAGHETTI




fortified with calcium caseinate protein









## Target Group and Benefits

 All age groups






### Benefits:

-  Millets are great source of starch
-  Bengal gram has significant amounts of essential amino acids
-  Casein supplementation increases serum amino acid levels

## Ingredients

-  Whole wheat flour **75%**
-  Pearl millet **15%**
-  Bengal gram flour **10%**
-  Calcium caseinate protein
-  Salt
-  (multigrain atta: calcium caseinate=90:10)

## Method of Preparation

-  All the dry ingredients were mixed accurately.
-  Dough was made and covered with a damp towel.
-  Dough was cut into pieces.
-  Dough was passed through pasta making machine.
-  Dried in a tray drier till spaghetti was brittle.

DEVELOPED BY  
Department of Food and Nutrition, Lady Irwin College,  
University of Delhi

# RICE FLOUR PIZZA BASE

with Spinach (Gluten free)

IMAGE NOT  
PROVIDED

**SHELF LIFE**  
3 Days

**COST**  
NA

## Nutritional Information/100 grams

Energy	450 Kcal
Carbohydrates	81 gm
Protein	15 gm
Fat	7.7 gm

# RICE FLOUR PIZZA BASE




with Spinach (Gluten free)

IMAGE NOT PROVIDED









## Target Group and Benefits

 Children and Adults

### Benefits :

-  Rice flour is high in protein and contains insoluble fibre – which lowers the risk of some medical conditions such as diverticular disease, colon diseases and type-2 diabetes.
-  Spinach is loaded with flavanoids which act as antioxidants, protecting the body from free radicals. These are also rich source of vitamin K, A, Mg, P, Zn and dietary fibre.
-  Egg contains 12 to 14 % proteins of good quality which are well balanced with respect to all essential amino acids. It is particularly rich in riboflavin, folic acid, vitamin- B12.

## Method of Preparation

-  Clean the spinach leaves and pick out leaves only.
-  Boil spinach in little water till the leaves get tender.
-  Make the boiled spinach in the form of puree.
-  Now take rice flour and sieve it once also add little salt.
-  Add eggs and mix well. Add the spinach puree in the flour.
-  Form the dough into one large ball.
-  Place the dough on a cookie sheet lined with parchment.
-  Bake the gluten free pizza crust at 220 degree Celsius for 12- 15 minutes.

DEVELOPED BY

Department of Food and Nutrition, Lady Irwin College,  
University of Delhi



# MULTIGRAIN BEETROOT ORANGE PASTA

(Pink Pasta)

IMAGE NOT  
PROVIDED

**SHELF LIFE**  
12 months

**COST**  
Rs 50/500 gms

## Nutritional Information/100 grams

Energy	400 kcal
Protein	11.7 gm
Carbohydrate	81 gm
Fats	3.3 gm

# MULTIGRAIN BEETROOT ORANGE PASTA

(Pink Pasta)

IMAGE NOT PROVIDED

## Target Group and Benefits

All age groups

### Benefits :

- 🍷 Oats flour are rich in fibre called beta- glucan which helps in lowering bad cholesterol.
- 🍷 Ragi flour aids in digestion and is rich in calcium, protein, and also have good amount of iron and other minerals.
- 🍷 Bajra flour has very high fibre content and rich in calcium, phosphorous and iron.
- 🍷 Beetroot is rich in vitamin A, C, B and other vitamins and minerals which include P, Na, K, Mn.
- 🍷 Oranges are full of vitamins and minerals. These protect from cardiovascular diseases, purifies blood, lowers cholesterol and keeps teeth and bones healthy.

## Method of Preparation

- 🍷 Weigh all the flours and add grated beetroot to it.
- 🍷 Keep the dough kneaded with orange pulp and let it rest for 5-10 minutes and knead again.
- 🍷 Roll the dough to thin sheets into various shapes.
- 🍷 Boil it for 4-5 min and then add into cold water and keep it for air drying overnight.
- 🍷 Dried pasta is ready.

DEVELOPED BY

Department of Food and Nutrition, Lady Irwin College, University of Delhi

# WHEAT FLOUR COWPEA FLOUR BISCUITS



**SHELF LIFE**  
6 months

**COST**  
NA

## Nutritional Information/100 grams

Energy	578 kcal
Crude fibre	6.73 gm
Carbohydrates	46 gm
Protein	12.2 gm
Fat	38.30 gm
Calcium	22 mg
Iron	30 mg



# WHEAT FLOUR COWPEA FLOUR BISCUITS

IMAGE NOT  
PROVIDED

## Target Group and Benefits

- 🍪 Children, adolescents and working mothers.
- 🍪 Good source of protein.
- 🍪 Water soluble vitamins.
- 🍪 Minerals.

## Method of Preparation

- 🍪 Preheat oven to 180°C and line a baking tray with vegetable oil.
- 🍪 Combine poppy seeds, juice and rind in a bowl, set aside for 10 minutes.
- 🍪 Beat butter, sugar, eggs in a bowl using electric heater, stir in flours, baking soda,

## Ingredients

- 🍪 Refined wheat flour- 50g
- 🍪 Cowpea flour- 50g
- 🍪 Butter- 40g
- 🍪 Sugar- 40g
- 🍪 Egg- 1/2
- 🍪 Poppy seeds- 2tbsp
- 🍪 Baking powder- 1/2tbsp
- 🍪 Orange juice- 2tbsp
- 🍪 Orange rind- 2tbsp

poppy seeds until just combined.

- 🍪 Prepare the dough.
- 🍪 Sheet the dough (3-5 mm thick) and mould it.
- 🍪 Bake at 180°C for 10 min. Cool and pack.

DEVELOPED BY  
Department of Food and Nutrition, Lady Irwin College,  
University of Delhi

# PULSE BASED COOKIES

IMAGE NOT PROVIDED

**SHELF LIFE**  
1 month

**COST**  
Rs. 50/ 100 gms

## Nutritional Information/100 grams

Energy	26 kcal
Crude fibre	4.2 gm
Protein	23.20 gm
Fat	42.3 gm

# PULSE BASED COOKIES

IMAGE NOT PROVIDED

## Target Group and Benefits

- 🍪 All age groups, people allergic to eggs
- 🍪 Increased fibre content
- 🍪 Increased protein content
- 🍪 High mineral content in soybeans

## Method of Preparation

- 🍪 Flours were weighed and added with baking soda.
- 🍪 Butter and sugar were creamed together.
- 🍪 Milk and flour were added, few drops of vanilla essence were added, and beaten to

## Ingredients

- 🍪 Refined wheat flour- 72.5%
- 🍪 Bengal gram flour-22.5%(in 100g)
- 🍪 Soya flour- 5%
- 🍪 Butter- 75g
- 🍪 Sugar- 70g
- 🍪 Milk- 25ml
- 🍪 Baking soda- 0.3125g
- 🍪 Vanilla essence-1tbs

form batter.

- 🍪 Balls of batter were placed in tray and put in preheated oven.
- 🍪 Cookies were kept to cool.

DEVELOPED BY  
Department of Food and Nutrition, Lady Irwin College,  
University of Delhi



# CAULIFLOWER LEAF POWDER VALUE ADDED FOOD PRODUCTS

IMAGE NOT  
PROVIDED

## SHELF LIFE

Bread- 5-7 days  
(refrigeration)  
Biscuit- 7 days

## COST

Rs. 17, Rs 44

## Nutritional Information/100 grams

### BISCUIT:

Crude fibre

**7.4** Kcal

Protein

**13.1** gm

### BREAD:

Crude fibre

**8.7** Kcal

Protein

**15.6** gm

# CAULIFLOWER LEAF POWDER VALUE ADDED FOOD PRODUCTS

IMAGE NOT  
PROVIDED

## Target Group and Benefits

- ☞ All age groups.
- ☞ People suffering from obesity, diabetes and hypercholesterolemia
- ☞ More protein and ash content
- ☞ Increased bioavailability of minerals like iron and calcium

## Method of Preparation

### Bread:

- ☞ Yeast solution is left, to froth for 10 minutes.
- ☞ Whole wheat flour, DCGLP salt, oil brown sugar and yeast solution is mixed.
- ☞ Poured into greased tin, leave to rise, covered with a cling film.
- ☞ Baking is done, left to cool.

## Ingredients

### Bread:

- ☞ Sugar(5g)
- ☞ Dry yeast(10g)
- ☞ Whole wheat flour(100g)  
(90%flour,10%DCGLP)
- ☞ Salt(5g)
- ☞ Oil-2tsp

### Biscuit:

- ☞ Butter-(50g)
- ☞ Whole wheat flour  
100g(90%flour,10%DCGLP)
- ☞ Milk-2tbsp
- ☞ Sugar-(50g)
- ☞ Baking powder-(5g)
- ☞ Vanilla essence-1/2tsp

### Biscuits:

- ☞ Mix all the ingredients to make a dough.
- ☞ Dough is rolled to 0.5cm thickness, round shape is cut.
- ☞ Biscuit is placed on the baking tray.
- ☞ Baking tray is placed in preheated oven at 180°C for 16 minutes.
- ☞ Biscuits are cooled on a cooling rack.

DEVELOPED BY  
Department of Food and Nutrition, Lady Irwin College,  
University of Delhi

# JACKFRUIT SEED FLOUR PASTA

With Whole Wheat Flour

IMAGE NOT PROVIDED

**SHELF LIFE**  
9 months

**COST**  
Rs 20

## Nutritional Information/100 grams

Carbohydrate	72 gm
Protein	13.6 gm
Fat	1 gm
Fibre	2.4 gm



# JACKFRUIT SEED FLOUR PASTA

With Whole Wheat Flour

IMAGE NOT PROVIDED

## Target Group and Benefits

- 🍲 All age groups especially people watching their weight

### Benefits:

- 🍲 Jackfruit contains antioxidant prenylflavones.
- 🍲 Good source of vitamin A.
- 🍲 Good source of vitamin C.
- 🍲 Rich source of pectin.
- 🍲 Helps in alleviating pancreatic ailments and aids in blood purification.

## Method of Preparation

- 🍲 Mix Jackfruit seed flour and whole wheat flour in 10:90 ratio.
- 🍲 Add 5g oil and 30ml water.
- 🍲 Knead to make a dough.
- 🍲 Rest the dough for 30 mins.
- 🍲 Roll the dough in a thin sheet.
- 🍲 Cut the sheet into thin strips.
- 🍲 Dry the strips.
- 🍲 Cool the strips.

DEVELOPED BY  
Department of Food and Nutrition, Lady Irwin College,  
University of Delhi

# FRUIT JELLY WITH CHIA SEEDS

IMAGE NOT  
PROVIDED

**SHELF LIFE**  
6 months

**COST**  
Rs 25/100 gms

## Nutritional Information/100 grams

Protein

**1.83** gm

Calcium

**0.0166** mg/ml

Vitium C

**800** mg/ml

# FRUIT JELLY WITH CHIA SEEDS

IMAGE NOT PROVIDED

## Target Group and Benefits

🍽️ All age groups

### Benefits:

- 🍽️ Chia seeds are a good source of Omega 3 fatty acids
- 🍽️ Good source of iron and calcium
- 🍽️ High in protein.

## Method of Preparation

- 🍽️ Boil the fruits separately in water and after straining, crush to extract juice.
- 🍽️ Add sugar and boil the mixture.
- 🍽️ Add Chia seeds and Citric acid.

- 🍽️ Mango juice chia jelly
- 🍽️ Mango juice **50ml**
- 🍽️ Sugar **20g**
- 🍽️ Chia seeds **2g**
- 🍽️ Lemon juice **2ml**
- 🍽️ Alma extract chia jelly
- 🍽️ Alma **50gm**
- 🍽️ Water **100ml**
- 🍽️ Sugar **20g**
- 🍽️ Chia seeds **2g**
- 🍽️ Lemon juice **2ml**
- 🍽️ Gelatine jelly
- 🍽️ Mango juice **50ml**
- 🍽️ Sugar **20g**
- 🍽️ Gelatine powder **2g**
- 🍽️ Lemon juice **2ml**

- 🍽️ Boil rapidly to the jelling point of 110°C.
- 🍽️ Pour into the mould.
- 🍽️ Cool the jelly.

DEVELOPED BY  
Department of Food and Nutrition, Lady Irwin College,  
University of Delhi



# BUN WITH MAIZE FLOUR

IMAGE NOT  
PROVIDED

**SHELF LIFE**  
10 days

**COST**  
Rs 24/ 100 gms

## Nutritional Information/100 grams


Protein

8.6 gm





# BUN WITH MAIZE FLOUR

IMAGE NOT PROVIDED

## Target Group and Benefits




 All age groups

### Benefits:

-  Maize is good for digestion.
-  It has high fibre.
-  Reduces risk of cardiovascular diseases.
-  Has antioxidants.

-  Maize flour-10g
-  Wheat flour-90g
-  Water
-  Sugar-10g
-  Salt-5g
-  Yeast-5g
-  Shortening-5g
-  Non fat dry milk-5g

## Method of Preparation

-  Add yeast, salt, shortening, non fat dry milk, sugar, whole wheat flour and 55ml water.
-  Knead the dough and keep for proofing till pinhole stage.
-  Bake in oven at 218°C and then cool down.

DEVELOPED BY  
Department of Food and Nutrition, Lady Irwin College,  
University of Delhi

# WHOLE WHEAT PIZZA BASE

(with Bengal gram flour)

IMAGE NOT  
PROVIDED

**SHELF LIFE**  
3 days

**COST**  
NA

## Nutritional Information/100 grams

Energy	345 Kcal
Protein	19.60 gm
Carbohydrates	57 gm
Fat	4.12 gm
total dietary fibre	100 gm
Iron	0.18 mg



# WHOLE WHEAT PIZZA BASE

(with Bengal gram flour)

IMAGE NOT PROVIDED

## Target Group and Benefits

- 🍲 Bengal gram reduce risk of chronic disease.
- 🍲 Bengal gram provide various micronutrients (Fe, Zn, Mg)

## Method of Preparation

- 🍲 Dissolve yeast in lukewarm water, stir in sugar and keep for 10 min till frothy and on other side sieve the flour, make a well in centre.
- 🍲 Add yeast mixture to the flour along with the fat, salt and prepare the dough using little water.
- 🍲 Divide the dough into 2 parts and cover with a wet muslin cloth and keep it for 45 min till it doubles in size.

## Ingredients

- 🍲 Whole wheat flour
- 🍲 Bengal gram flour
- 🍲 Refined edible oil **5g**
- 🍲 Dry active yeast **2.5g**
- 🍲 Water **50ml**
- 🍲 Salt **1g**
- 🍲 Sugar **2.5g**

- 🍲 Knead lightly and roll out into thick chapattis and keep for 10-15 min.
- 🍲 Bake at 175°C for 10 min till golden brown on the bottom.

DEVELOPED BY

Department of Food and Nutrition, Lady Irwin College,  
University of Delhi





# CENTRAL INDIA RECIPES





# SATTU

IMAGE NOT  
PROVIDED

**SHELF LIFE**  
2 months

**COST**  
NA

## Nutritional Information/100 grams

Energy

**364 - 381** Kcal

Calcium

**15.5 - 131.5** mg

Phosphorous

**310.2 - 394.2** mg

Iron

**7.7- 9.0** mg

# SATTU

IMAGE NOT PROVIDED

## Target Group and Benefits

🍲 NA Information not provided

## Ingredients

🍲 Chickpea

🍲 Ragi

🍲 Amaranth

🍲 Oat

🍲 Barley

🍲 Wheat

## Method of Preparation

🍲 Information not provided

DEVELOPED BY  
Jawaharlal Nehru Krishi Vishwavidyala, Jabalpur, MP

# DRUMSTICK LEAF POWDER



**SHELF LIFE**  
NA

**COST**  
NA

## Nutritional Information/100 grams

Energy	64 Kcal
Carbohydrate	8 gm
Protein	9.4 gm
Fat	1.4 gm
Calcium	185 mg
Iron	4 mg
Vitamin A	7.564 IU
Vitamin B1	0.51 mg
Vitamin B2	2.88 mg
Vitamin C	52 mg



# DRUMSTICK LEAF POWDER



## Target Group and Benefits

Adult

- 🍵 Used in salads or tea as regular diet
- 🍵 Used to make allopathic medicines and ayurvedic medicines

## Method of Preparation

- 🍵 Information not provided

## Ingredients

- 🍵 Drumstick leaves

DEVELOPED BY  
Jawaharlal Nehru Krishi Vishwavidyala, Jabalpur

# DRUMSTICK POD POWDER



SHELF LIFE  
NA

COST  
NA

## Nutritional Information/100 grams

Energy	37 Kcal
Carbohydrate	9 gm
Protein	2.1 gm
Fat	0.2 gm
Calcium	30 mg
Iron	0.36 mg
Vitamin B1	0.37 mg
Vitamin B2	1.79 mg
Vitamin C	141 mg

# DRUMSTICK POD POWDER



## Target Group and Benefits

Adult

- 🍽️ Used in salads or tea as regular diet
- 🍽️ Used to make allopathic medicines and ayurvedic medicines

## Method of Preparation

- 🍽️ Information not provided

## Ingredients

- 🍽️ Drumstick leaves

DEVELOPED BY  
Jawaharlal Nehru Krishi Vishwavidyala, Jabalpur



# AMYLASE RICH FLOUR

IMAGE NOT PROVIDED

## SHELF LIFE

30 days  
(if stored  
in airtight  
container) and  
3 months (if  
refrigerated)

## COST

Rs. 50-65 per kg  
of serving

## Nutritional Information/100 grams

Energy	322 Kcal
Carbohydrate	54 gm
Protein	27.9 gm
Fat	5.33 gm
Fibre	2 gm
Iron	5.6 mg
Calcium	61 mg

# AMYLASE RICH FLOUR

IMAGE NOT PROVIDED

## Target Group and Benefits

- ☺ Infants, children, adolescents and old age
- ☺ Cost effective, easy methods, high in protein, calcium and iron, easy to digest

## Method of Preparation

- ☺ **Soaking:** Wheat germ and Green Gram should be sorted and cleaned prior to soaking.
- ☺ **Malting:** Drain extra water and wash properly and remove unsoaked seeds before keeping for germination (Malting). Keep hydrated wheat and Green Gram or Gram separately in perforated stainless steel pots cover them and leave for 24 to 36 hours to let the seeds germinate. Sprouts will come out approximately 0.5 to 1 cm.
- ☺ **Drying:** Sundry germinated wheat and green Gram or Gram separately
- ☺ **Roasting:** Pre heat heavy base karahi and put the fire slow to roast dried germinated wheat and Green Gram or Gram separately until turns slight brown and sweet aroma comes. Keep on stirring continuously.

## Ingredients

- ☺ **Wheat germ 75g**
- ☺ **Green gram 25g**

- ☺ **Grinding:** Allow roasted seeds to cool down. Now we can mix roasted wheat and Green Gram or Gram. Grind them in dry grinder jar in mixer into flour for infants or coarsely grind to make porridge.
- ☺ **Storage:** It can be stored in an air tight container or refrigerated.

### HOW TO FEED:

- ☺ **For infants** 01 Tablespoon ARF + 01 Teaspoon Ghee or Oil + 01 Tablespoon jaggery, pinch of iodised salt + 100 to 150 ml milk, mix and boil and use it as complementary food at least twice a day.
- ☺ **For adults** 30 gram porridge + 02 Teaspoon Ghee or Oil + 02 pinch of iodised salt + 20 gram jaggery + 200 ml milk, mix and boil. Use it as breakfast or mid meal.

DEVELOPED BY  
Sarojini Naidu Government Girls Post Graduate  
College, Bhopal

# AMYLASE RICH FLOUR

IMAGE NOT PROVIDED

## SHELF LIFE

30 days  
(if stored  
in airtight  
container) and  
3 months (if  
refrigerated)

## COST

Rs. 50-65 per kg  
of serving

## Nutritional Information/100 grams

Energy	328 Kcal
Carbohydrate	55 gm
Protein	26.2 gm
Fat	6.3 gm
Fibre	2 gm
Iron	5.6 mg
Calcium	80 mg



# AMYLASE RICH FLOUR

IMAGE NOT PROVIDED

## Target Group and Benefits

- ☞ Infants, children, adolescents and old age
- ☞ Cost effective, easy methods, high in protein, calcium and iron, easy to digest

## Method of Preparation

- ☞ **Soaking:** Wheat germ and Whole Gram should be sorted and cleaned prior to soaking.
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### HOW TO FEED:

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- ☞ **For adults** 30 gram porridge + 02 Teaspoon Ghee or Oil + 02 pinch of iodised salt + 20 gram jaggery + 200 ml milk, mix and boil and use it as breakfast or mid meal.

DEVELOPED BY  
Sarojini Naidu Government Girls Post Graduate  
College, Bhopal













**National Centre of Excellence and Advanced Research on Diets, Lady Irwin College**