

A creation of Ahaar Kranti Club

# MAGIC MILLETS

A Home Cookbook

Volume 1



**Government College of Education,  
Sector 20-D, Chandigarh.**

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## Preface

Millets are a group of small-seeded grasses that have been cultivated for thousands of years and are still an important staple food in many parts of the world, including Africa, Asia, and the Americas. Millets are particularly popular in regions with arid or semiarid climates because they are drought-resistant and require less water to grow than other grains and their ability to provide a nutritious source of food for people. Millets are often considered as a "poor man's food" but have been gaining popularity as nutri-cereals recently due to their numerous health benefits and environmental sustainability.

Honourable Prime Minister Shri Narendra Modi gave the "Miracle Food" a new meaning & dimension by terming Millets as Shree Anna in the conference held on 18 March, 2023 New Delhi.

The International Year of Millets 2023 aims to promote the use of millets in diverse food systems, including as a staple food, in traditional dishes, and as an ingredient in modern food products. It also seeks to support the sustainable production and to raise awareness about the cultural significance of these crops for many communities around the world. By promoting the use of millets, the International Year of Millets 2023 hopes to contribute to global efforts to achieve the Sustainable Development Goals, including goals related to food security and nutrition.

Ministry of Agriculture and Farmers welfare has recognized the importance of millets and declared millets comprising of Sorghum (Jowar), Pear millet (Bajra), Finger Millet (Ragi/Mandua), Minor Millets i.e., Foxtail Millet (Kanngani/Kakun), Proso Millet (Cheena), Kodo Millet (Kodo), Barnyard Millet (Sawa/Sanwa/Jhangora), Little Millet (Kutki), Brown top millet and two Pseudo Millets i.e., Buck wheat (Kuttu), Amaranth (Chaulai) as Nutri-cereals.

Millets are also highly nutritious and are a great source of fiber, protein, and essential vitamins and minerals such as iron, zinc, phosphorous, magnesium, and B vitamins, and they are also gluten-free, low in glycemic index, non-allergic, making them a good option for people with celiac disease or gluten sensitivity, diabetes, obesity and cardiovascular diseases. Millet consumption decreases triglycerides and C-reactive Protein. It increases transit time of food in the gut which helps in reducing risk of inflammatory bowel diseases and acts as detoxifying agent in the body.

In recipes, millets can be used in a variety of ways, such as in salads, soups, stews, and even as a replacement for rice or other grains. Millet flour can also be used to make bread, pancakes, and other baked goods. Millets are an important and versatile ingredient that can add both nutrition and flavor to a variety of dishes. Overall, millets offer numerous health benefits and can be a good addition to a healthy and balanced diet and making them an excellent choice for people with dietary restrictions or those looking to improve their overall health.

An attempt has been made to compile the recipes based on Millets in this book so as to create an awareness about significance of millets in daily diet and its use in the diet in the simplest way through 100 simple and easy to cook recipes.

**Dr. Sapna Nanda**  
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## Ragi (Finger Millet) Balls



### Ingredients:

- 1 cup Ragi flour
- 1 1/2 cups water
- Salt, to taste
- Ghee or oil, for greasing

### Instructions:

1. In a large bowl, mix the ragi flour with salt to taste.
2. Boil the water in a separate pot.
3. Gradually pour the hot water into the ragi flour, stirring continuously to form a dough.
4. Knead the dough until it is smooth and pliable.
5. Divide the dough into small balls.
6. In a separate pot, bring water to a boil.
7. Add the ragi balls to the boiling water and cook for 5-7 minutes, or until they float to the surface.
8. Remove the cooked ragi balls from the water and place them in a bowl.
9. Grease your hands with ghee or oil and shape the ragi balls into smooth rounds.
10. Serve hot with your favorite side dish.

Note: Ragi Balls can be served with a variety of side dishes such as dal, chutney, or any other vegetable or meat dish of your choice.



### Nutritive value:

- Calories: 445
- Protein: 9 grams
- Carbohydrates: 90 grams
- Fat: 5 grams
- Saturated fat: 3 grams
- Calcium: 437 mg
- Iron: 5 mg
- Potassium: 513 mg
- Sodium: 409 mg

## Bajra (Pearl Millet) Ladoo

### Ingredients:

- 2 cups bajra (pearl millet) flour
- 1 cup jaggery or sugar
- 1/2 cup ghee (clarified butter)
- 1/4 cup chopped almonds
- 1/4 cup chopped cashews
- 1/4 cup raisins
- 1 tsp cardamom powder
- Water as needed

### Instructions:

1. Heat a pan on medium heat and dry roast the bajra flour for 8-10 minutes or until it turns light brown. Stir continuously to prevent burning.
  2. Remove from heat and let it cool down completely.
  3. Add ghee to the pan and heat it on low heat. Once it melts, add jaggery or sugar and stir until it melts completely.
  4. Add the roasted bajra flour to the pan and mix well. Add chopped almonds, cashews, raisins, and cardamom powder to the mixture and mix well.
  5. Add water as needed to make a thick dough-like mixture.
  6. Once the mixture cools down slightly, take a small portion of it and shape it into a ball. Repeat until all the mixture is used up.
  7. Store the bajra ladoos in an airtight container and enjoy!
- Note: You can adjust the sweetness according to your taste by adding more or less jaggery/sugar.



### Nutritive Value

The approximate nutritive value of Bajra Ladoo per serving:

- Calories: 200-250
- Carbohydrates: 20-25g
- Protein: 3-4g
- Fat: 12-15g
- Fiber: 2-3g
- Sugar: 10-12g
- Iron: 2-3mg







### Ingredients:

1 cup cooked samak (barnyard millet)  
1/2 cup boiled, mashed potatoes  
1/4 cup finely chopped onion  
1/4 cup finely chopped bell peppers (capsicum)  
1 tsp ginger paste  
1 tsp garlic paste  
1 tsp green chilli paste  
1 tsp cumin powder  
1/2 tsp coriander powder  
1/4 tsp garam masala powder  
1/4 tsp red chilli powder  
Salt to taste  
2 tbsp finely chopped coriander leaves  
2 tbsp oil for cooking

### Instructions:

1. In a mixing bowl, combine the cooked samak, mashed potatoes, onion, bell peppers, ginger paste, garlic paste, green chilli paste, cumin powder, coriander powder, garam masala powder, red chilli powder, salt, and coriander leaves. Mix well.
2. Divide the mixture into equal-sized balls and shape them into cutlets.
3. Heat the oil in a non-stick pan over medium heat. Once the oil is hot, place the cutlets on the pan and cook until golden brown on both sides, flipping them occasionally.
4. Serve hot with mint chutney or any dip of your choice.
5. Enjoy these healthy and tasty Samak cutlets as a snack or appetizer!

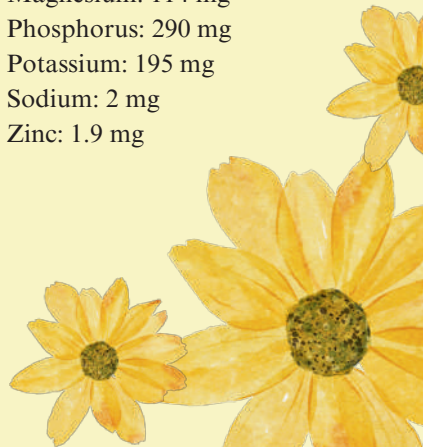
## *Samak (Barnyard Millet) Cutlets*



### Nutritive value:

The approximate nutritional value of barnyard millet per 100 grams:

Calories: 360  
Protein: 10.88 grams  
Carbohydrates: 74.28 grams  
Fiber: 6.7 grams  
Fat: 2.4 grams  
Calcium: 11 mg  
Iron: 3.6 mg  
Magnesium: 114 mg  
Phosphorus: 290 mg  
Potassium: 195 mg  
Sodium: 2 mg  
Zinc: 1.9 mg



## *Sorghum Jeera / Sweet Lassi*

### Ingredients:

Germinated sorghum flour – 5 g  
Milk – 100 ml  
Curd – 2 ml  
Sugar – as desired  
Cumin powder (jeera)  
Salt – as desired.

### Instructions:

1. Boil milk and cool it till lukewarm
2. Add 5 g of germinated sorghum powder and heat up and hold for 10 min.
3. Add curd culture to it and allow it to become curd.
4. Keep the curd in refrigerated conditions.
5. To make jeera lassi add cumin powder, salt and stir continuously for 5-10 min to avoid the lumps, and then filter whole material and chill.
6. To make sweet lassi add sugar and stir continuously for 5-10 min to avoid the lumps and chill. (If needed add rose syrup or leechi syrup)
7. Best when served chilled.





# Jowar and Banana Cake

## Ingredients:

- 1 cup jowar (sorghum) flour
- 1/2 cup all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup mashed ripe bananas (about 2 medium-sized bananas)
- 1/2 cup powdered sugar
- 1/4 cup oil or melted butter
- 1/2 cup milk
- 1 tsp vanilla extract



## Instructions:

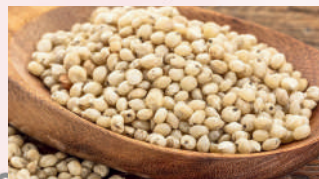
1. Preheat your oven to 180°C (350°F).
2. Grease a 8-inch cake pan and keep it aside.
3. In a mixing bowl, sift together the jowar flour, all-purpose flour, baking powder, baking soda, and salt.
4. In another bowl, whisk together mashed bananas, powdered sugar, oil or melted butter, milk, and vanilla extract until well combined.
5. Add the wet ingredients to the dry ingredients bowl and mix until you get a smooth batter.
6. Pour the batter into the prepared cake pan.
7. Bake in the preheated oven for 30-35 minutes or until a toothpick inserted into the center comes out clean.
8. Let the cake cool in the pan for 5-10 minutes.
9. Invert the cake onto a wire rack to cool completely.

Your jowar and banana cake is ready! You can garnish it with sliced bananas or nuts if you like. Enjoy!

## Nutritive Value:

The approximate nutrition information for a serving (1/8th of the cake) of the jowar banana cake recipe I provided earlier:

Calories: 186  
Total Fat: 7.5 g  
Saturated Fat: 1.4 g  
Cholesterol: 4 mg  
Sodium: 190 mg  
Total Carbohydrate: 27 g  
Dietary Fiber: 2.5 g  
Total Sugars: 10.5 g  
Protein: 3 g



# RAGI RAVA UPMA

## Ingredients

- 1 cup ragi rava
- 2.5 cups water
- 1.5 to 2 tbsp oil / ghee
- 1 sprig curry leaves
- 2 green chilies
- 1 pinch hing / asafoetida
- 0.5 tsp mustard
- 0.5 tsp cumin / jeera
- 1 onion sliced
- 2 to 3 tbsps peanuts
- 1 tsp ginger chopped
- 1.5 tsp chana dal
- 1.5 tsp urad dal
- coriander leaves Few, chopped (optional)

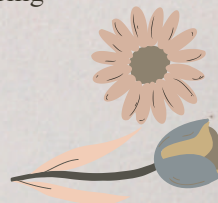


## Instructions

1. Wash and soak ragi rava for about 30 mins. Drain completely and squeeze off the excess water. Set this aside.
2. Heat a pan with oil, add cumin and mustard.
3. Allow to crackle. Then add dals, peanuts and fry until golden.
4. Add hing, onions, curry leaves, ginger and green chilies.
5. Saute until the onions turn pink.
6. Add rava and saute for a while for about 3 to 4 minutes until you begin to smell the rava good.
7. While the rava is roasted, Add 2.5 cups water to a pot along with salt. Stir and check the salt to ensure it is slightly salty. Bring this water to a rapid boil.
8. Simmer the stove, then slowly pour this hot water to the rava stirring gently. Take care as this splashes over. Cover and cook on a low to medium heat until all the water is absorbed.
9. Stir in between for even cooking.
10. When the water is completely absorbed, switch off the stove and keep covered.
11. Sprinkle some lemon juice if you like. Serve ragi upma hot.

## Nutritive Value

Amount Per Serving  
Calories 602  
Calories from Fat 153  
Fat 17g  
Saturated Fat 1g  
Sodium 198mg  
Potassium 672mg  
Carbohydrates 99g  
Fiber 5g  
Sugar 4g  
Protein 13g  
Vitamin A 40mg  
Vitamin C 29.5mg  
Calcium 440mg  
Iron 6.1mg





# MULTIGRAIN CUPCAKE

## Ingredients needed

### Dry Ingredients

Multigrain flour/Whole wheat flour – 1/3 cup  
Finger millet flour/Ragi flour – 1/3 cup  
All purpose flour/maida – 1/3 cup  
Sugar – 3/4 cup  
Salt – a pinch  
Baking powder – 3/4 tsp  
Baking soda – 1/2 tsp



### Wet ingredients

Oil – 1/3 cup (any flavorless vegetable oil)  
Curd/Plain yogurt – 1/3 cup  
Milk – 1/3 cup (at room temperature)  
Vanilla essence – 1/2 tsp

### Preparation

- Powder sugar and keep it aside.
- Sieve all dry ingredients except sugar twice (ragi flour + multigrain flour + all purpose flour + baking soda + baking powder + salt) and keep it ready.
- Preheat the oven at 180 degree C for 10 minutes.
- Grease and line a muffin or cupcake pan with cupcake liners.
- Keep all the ingredients ready.

### Method

1. Beat milk, curd and sugar until frothy.
2. Add oil and beat until well combined.
- 3.
4. Add the dry ingredients, vanilla essence and mix/fold until well combined. You can use a wire whisk or spatula for this.
5. Fill the muffin cup with the batter until 3/4 th full. Top it with chopped nuts if preferred.
6. Bake in a preheated oven at 180 degree C for 25-30 minute or until a toothpick inserted in the center of the cake comes out clean.
7. Enjoy it warm from the oven as such or you can frost it if you prefer. These multi grain cupcakes are very soft, spongy and delicious. We enjoyed it as such without any frosting.

# RAGI COOKIES

## Ingredients

3/4 cup desiccated coconut or dried coconut  
3/4 cup ragi flour or finger millet flour (can use even ragi puttu podi for the best crust)  
1/2 cup wheat flour or plain flour/ maida (if possible use unbleached flour)  
150 grams butter – soft but still cold  
150 grams fine sugar or roughly powdered  
1 tbsp Coarse sugar optional  
3/4 tbsp Vanilla extract  
1 egg , small

## Instructions

1. Beat the butter and sugar till fluffy. Add egg and vanilla. Beat till well incorporated.
2. Add coconut, millet flour and plain flour. Mix well. You will end up with a moist dough. Sprinkle the coarse sugar all over evenly and just mix it once.
3. Cover and refrigerate for at least 1 hour.
4. Preheat the oven to 180 C for at least 15 mins.
5. Make balls and flatten them slightly on the baking sheet.
6. Bake these till done. Takes around 10 mins for me. When done the cookies top is dry.
7. You can make ragi cookies in batches till you use up the entire dough.
8. Store ragi cookies in a air tight jar.

## Nutritive Value

Calories 115  
Calories from Fat 63  
Fat 7g  
Saturated Fat 4g  
Cholesterol 20mg  
Sodium 48mg  
Potassium 29mg  
Carbohydrates 12g  
Sugar 7g  
Protein 1g  
Vitamin A 165mg  
Calcium 4mg  
Iron 0.4mg





# MILLET KHICHDI

## Ingredients

½ cup millets (can substitute 2  
tbsp with rice)  
½ cup moong dal  
2½ cups water  
1 cup mixed veggies (carrots,  
beans, peas, capsicum)  
¼ cup methi leaves or ½ to 1 cup  
spinach / palak chopped fine  
1 tomato small, deseeded  
(optional)  
1½ to 2 tablespoons ghee or oil  
1 teaspoon ginger grated  
½ teaspoon cumin seeds / jeera  
¼ to ½ teaspoon red chili  
powder (or 1 green chilli  
chopped, adjust to taste)  
⅛ teaspoon turmeric  
½ teaspoon salt (adjust to taste)  
¼ to ½ teaspoon garam masala  
(optional)



## Instructions

- Wash millets and dal thoroughly until water runs clear. Soak for about 30 mins to 1 hour. The longer they are soaked the quicker and softer they turn. Drain them to a colander.
- Heat a pressure cooker or pot with ghee. Add cumin and allow them to splutter. Saute ginger until a nice flavor comes out.
- Add all the veggies including tomato. Saute on a medium flame for 2 to 3 mins.
- Add red chili powder, turmeric, garam masala and salt. Saute until the tomatoes turn mushy.
- Then add drained millets and dal. Saute for 2 to 3 mins.
- Add water and check the salt.
- Pressure cook on a medium flame for 2 to 3 whistles. I cook for 2 whistles.
- When the pressure drops, open the lid. Fluff up and add a tsp of more ghee if you want.
- Serve millet khichdi with papad and pickle.

## Nutritive Value

Amount Per Serving  
Calories 626  
Calories from Fat 144  
Fat 16g  
Saturated Fat 7g  
Cholesterol 28mg  
Sodium 93mg  
Potassium 1122mg  
Carbohydrates 97g  
Fiber 30g  
Sugar 2g  
Protein 28g  
Vitamin C 20.9mg  
Calcium 117mg  
Iron 16.4mg

# SORGHUM PARBOILED WADA

## Ingredients:

Parboiled sorghum grain – 1 cup,  
Bengal gram flour – ¼ cup,  
Oil – for frying,  
Salt – for taste,  
Clove – ¼ tsp,  
Chilli powder – 2 tsp,  
Cinnamon – ¼ tsp

## Instructions:

- The parboiled sorghum grain is taken and made into a coarse paste in wet grinder or grinder.
- Bengal gram flour, salt, clove, chilli powder and cinnamon are added to the above mixture.
- Small balls of the mixture are made and made into wada.
- The wada is fried in oil.
- Excess oil is removed using tissue paper and served with tomato sauce or chutney.

## Nutritive Value

Calories: 80-100  
Carbohydrates: 10-15  
grams  
Protein: 2-3 grams  
Fat: 3-5 grams  
Fiber: 1-2 grams  
Sodium: 100-200 milligrams  
Potassium: 50-100  
milligrams  
Calcium: 10-20 milligrams  
Iron: 0.5-1 milligrams





# RAGI ROTI

## Ingredients

- 1 cup ragi flour (finger millet flour)
- ¼ teaspoon cumin (jeera)
- 1 small onion fine chopped (about 2 tbsp)
- 1 green chili fine chopped
- 1 teaspoon coconut grated or 2 tbsps carrots (optional)
- 2 tablespoons coriander leaves finely chopped
- ½ cup water (more if needed)
- ⅓ teaspoon salt (adjust to taste)
- 1½ tablespoon oil (adjust to taste)

## Instructions

- Add flour, onions, chilies, cumin and salt to a bowl. Mix all the ingredient
- Pour water as needed and make a soft dough that is spreadable. Begin with half cupwater. You will need a little more or less depending on the kind of flour.
- Make 5 equal sized balls. Place a ball of dough on a greased banana leaf or parchment paper. Dip your fingers in a bowl of water and spread the dough gently to a thin roti. You can also make them on a damp cloth or directly on a cold greased tawa/pan. Spread a teaspoon of oil all over the roti. Or dip your fingers in oil and smear it all over the roti.
- Transfer the ragi roti along with the parchment paper to your hand & invert it on to the hot griddle, with the roti facing the tawa. Slowly pull out the paper. Cook for 1 minute on a medium flame and then cover it. Continue to cook on a medium heat until you see the color of the roti changes to a darker shade.
- Drizzle little oil at this stage & spread all over the roti. The roti will firm up in a few minutes

- Flip the roti to the other side and cook on the other side too until done. Press down the roti all over with a spatula to cook it well. When done you will see golden to brown spots on the ragi rotti and the onions are cooked too. Sprinkle more oil if you prefer.
- Continue to make rest of the rotis either on a banana leaf, parchment paper or on tawa/griddle. If you are making them directly on the tawa, you will need 2 tawas or there will be a waiting time until the first tawa cools down. To make the next roti either make it on another tawa (that is not hot) or wait till the tawa cools. If you try to make the roti on the hot tawa, it will not spread at all.



# Kodo Millet Burger



## Methods

1. Soak the watermelon seeds and millet separately for about an hour in advance.
2. Grind the millet and watermelon seeds in a fine paste.
3. To this add coriander and mustard paste.
4. Now add cumin powder
5. Add chopped basil, parsley and spring onion leaves to this mix
6. Add salt to taste.
7. Give this mixture the form of a patty and cook it on a non-stick pan till brown on both sides.
8. In a bowl add chopped tomato, onion, spring onion, coriander.
9. Now add olive oil, black pepper and salt to taste. The salsa is ready
10. For the hummus, boil the chickpeas and mash it into a fine paste.
11. To it add olive oil, coriander, chilli powder, lemon juice and salt to taste.
12. Spread humus over the bun.
13. Now place the patty with slices of tomato, onion and iceberg lettuce.
14. Serve with the salsa on the side

## Ingredients:

### For patty:

- 30 gms kodo millet
- 30 gms watermelon seeds
- 3 Coriander leaves
- 3 Spring onion leaves
- 3 Basil leaves
- 3 Parsley leaves
- 2 gms mustard paste

### For salsa dip:

- 1 Tomato
  - 2 tsp coriander leaves
  - A pinch of salt
  - 1 Onion
  - 15 ml olive oil
  - A pinch of black pepper
  - 1 small spring onion leaf
- For hummus:
- 50 gms chickpeas
  - 1 tbsp lemon juice
  - 5 ml olive oil
  - A pinch of salt
  - A pinch of chilli powder
  - 1 tbsp coriander, chopped

### For bun:

- 20 gms iceberg lettuce
- 2 Tomato slices
- 2 pcs onion slices
- 1 Bun





# JOWAR UPMA

## Ingredients

¾ cup jowar  
1 cup water to pressure cook  
oil as needed  
½ to ¾ tsp cumin / jeera  
½ to ¾ tsp mustard  
1 to 1 ½ tsp urad dal  
1 pinch hing  
1 onion , small , sliced  
2 to 3 green chilies , slit  
1 tsp ginger , chopped (optional)  
¾ cup mixed veggies , chopped finely  
salt as needed  
turmeric as needed  
¼ cup fresh grated coconut as desired

## Instructions

1. Wash and soak jowar for at least 8 hours. Drain and add 1 cup water and pressure cook for 2 whistles on medium flame with little turmeric. 1 more whistle on a low flame.
2. When the pressure settles down, fluff up.
3. Heat a pan with oil, allow cumin and mustard to crackle. Add urad dal, saute until golden. Fry chilies, onions and ginger.
- 4.
5. When the onions turn soft, add mixed veggies and saute for 2 mins. Cover and cook until soft done. If needed sprinkle some water and cook.
6. Add salt and turmeric. Stir. Add cooked jowar, coconut and mix. Stir well and saute for 2 mins.
7. Add lemon juice and coriander leaves.

## Nutritive Value

Amount Per Serving  
Calories 389  
Calories from Fat 72  
Fat 8g  
Saturated Fat 3g  
Sodium 212mg  
Potassium 512mg  
Carbohydrates 74g  
Fiber 11g  
Sugar 4g  
Protein 12g  
Vitamin C 16.6mg  
Calcium 50mg  
Iron 4.8mg



# SPICED MILLET SALAD

## Ingredients

2 cups cooked millet (or couscous)  
1 Tbsp extra virgin olive oil  
1 Tbsp garam masala  
1 Tbsp turmeric  
1 medium eggplant chopped  
1 red bell pepper finely diced  
14.5 ounces canned chickpeas drained and rinsed  
1/2 cup raisins  
1 cup arugula  
1/4 cup pecans chopped  
Salt to taste  
Black pepper to taste

## Instructions

1. Preheat oven to 450° F
2. Cook millet (or couscous) per package directions.
3. Meanwhile, mix oil, garam masala and turmeric in a small jar. Pour half of it over the vegetables, tossing to coat. Season with a pinch of salt.
4. Spread vegetables on a sheet pan and roast for 20 minutes, tossing and rotating the pan once, halfway through.
5. Add millet, roasted vegetables, chickpeas, raisins, arugula and pecans in a large bowl. Pour remaining dressing over the top and toss well until completely coated and arugula is slightly wilted. Season with salt and pepper to taste.
6. And it is ready o serve.



## Nutritive Value

Serving size: 1 cup (240 ml)  
Calories: 180  
Total fat: 8g  
Saturated fat: 1g  
Trans fat: 0g  
Cholesterol: 0mg  
Sodium: 320mg  
Total Carbohydrates: 24g  
Dietary fiber: 4g  
Sugars: 2g  
Protein: 5g  
Vitamin D: 0%  
Calcium: 4%  
Iron: 10%  
Potassium: 6%



# RAGI LADDU

## Ingredients

- 1 cups ragi flour (finger miller flour – sprouted or plain)
- ¼ cup peanuts or any other nuts
- ¼ to ½ cup almonds or sesame seeds (refer notes)
- ¼ cup desiccated coconut or copra (optional)
- 4 green cardamoms (elaichi)
- 150 grams jaggery (¾ to 1 cup powder) (adjust to taste)
- 2 tbsp Ghee or coconut oil

## Instructions

### Preparation

1. Heat ghee and fry the flour on a low heat till you get a nice aroma of ragi. Set this aside to cool.
2. Dry roast peanuts, cool, remove the skin. It is optional to remove the skin.
3. Roast almonds or sesame seeds until you smell them lightly roasted. Set aside ½tbsp. of seeds aside (optional).
4. Dry roast desiccated coconut lightly. set aside to cool.
5. Add peanuts, sesame seeds, coconut and cardamoms to a grinder and make a fine powder. You can even powder each of these separately if doing in large quantity.

### How to make ragi laddu

1. Add the cooled ragi flour and jaggery to the grinder.
2. Blend for about 1 to 2 minutes for the oil to ooze out from the mix. Make balls while the mix is still warm. If needed add melted warm ghee and make ragi ladoo. (check video)
3. Tip: If making in large quantity, you can mix the blended nut powder, jaggery, ragi flour and sesame seeds in a mixing bowl. Blend this in batches.
4. Store ragi ladoo in an airtight jar.



## Nutritive Value

Amount Per Serving  
Calories 204  
Calories from Fat 90  
Fat 10g  
Saturated Fat 3g  
Cholesterol 7mg  
Sodium 3mg  
Potassium 109mg  
Carbohydrates 25g  
Fiber 2g  
Sugar 13g  
Protein 3g  
Vitamin C 0.2mg

# RAGI DOSA

## Nutritive value

- Calories: 120 kcal
- Protein: 5 g
- Fat: 1 g
- Carbohydrates: 22 g
- Fiber: 3 g
- Sugar: 0 g
- Calcium: 60 mg
- Iron: 1.5 mg

## Ingredient

- 1 cup Urad dal
- 2 cups Whole Ragi Millet – Finger Millet
- 1 teaspoon salt
- Oil for the dosa

## Method

1. Wash and soak the whole white urad dal and the Ragi millet separately for a couple of hours.
2. Grind the Urad dal with 1.5 cups of water in a blender to a smooth paste. Set aside.
3. Grind the Ragi millet with a cup of water in the blender to a smooth paste.
4. Mix the Ragi millet paste to the urad dal paste. Add in the salt and mix well to combine. Cover the bowl with a lid and let it ferment in a draft-free place for 6-8 hours.
5. Mix well using a spatula to release the excess foam. The batter should not be very thick. If it's thick, add some water to dilute. It should form thick ribbons when lifted.
6. Heat a dosa pan / griddle until hot. Let the flame be at medium. Pour a ladle of batter onto the griddle. Using the back of the ladle, spread the batter into a round. Sprinkle 1/8 teaspoon of oil onto the pan. Let it cook for 30 seconds until the sides are brown and little brown spots start to appear. Flip carefully with a thin metal spatula, and cook until browned. Up to 30 seconds more. Transfer to a plate. Continue with the remaining batter.
7. Serve warm, with chutney.





# MILLET PANCAKE

## Ingredients

- ½ cup millet flour (Ragi + Bajra)
- 1/3 cup milk
- 1 egg
- ½ tsp baking powder
- ½ tsp sugar
- A pinch of cinnamon
- A pinch of salt
- Butter for cooking



## Method

1. Add the dry ingredients – millet flour, salt, baking powder, cinnamon powder and sugar – to a bowl
2. Mix well until combined
3. Now add the milk and eggs to this
4. Mix gently until combined
5. Heat a pan and spread some butter
6. Pour about ¼ cup and let the batter spread to form a thick circle
7. Cook on both sides until golden brown
8. Add more butter as needed
9. Best served warm but keeps well for about 2 hours
10. You can add some bananas and berries on top before serving

## Nutritive value

- Calories: 292 kcal
- Protein: 12 g
- Fat: 12 g
- Carbohydrates: 32 g
- Fiber: 3 g
- Sugar: 5 g
- Sodium: 385 mg

# SORGHUM SPICY BOONDI

## Ingredients

- Sorghum flour– 60 g,
- Bengal gram flour – 40 g,
- Oil – for frying ;
- Chilli powder,
- Salt, curry leaves,
- Fried cashew nut and
- Water– as required for Sorghum Spicy Boondi

## Nutritive Value

- Calories: 120-140
- Carbohydrates: 10-15 grams
- Protein: 1-2 grams
- Fat: 8-10 grams
- Fiber: 0-1 grams
- Sodium: 100-200 milligrams
- Potassium: 20-30 milligrams
- Calcium: 10-20 milligrams
- Iron: 0.5-1 milligrams

## Instructions

- Mix sorghum flour, bengal gram flour and water till batter consistency.
- Put the batter onto a boondi frame and fry the boondi till golden colour
- Excess oil is to be removed by placing the boondi on tissue.
- In a pan roast cashew and curry leaves in oil.
- Add appropriate amount of salt, chilli powder, roasted cashew nuts and curry leaves to make spicys or ghum boondi.





# FOXTAIL UPMA

## Ingredients

- 1 cup Foxtail Millet
- 1 teaspoon Sesame (Gingelly) Oil
- ¼ teaspoon Mustard seeds (Rai/ Kadugu)
- 1 teaspoon White Urad Dal (Split)
- 2 sprig Curry leaves , finely chopped
- 1 Green Chilli
- 1 Dry Red Chilli
- ½ cup Onion, finely chopped
- 1 inch Ginger, finely chopped
- ¼ teaspoon Turmeric powder (Haldi)
- ¼ cup Carrot (Gajjar) , finely chopped
- ¼ cup Green beans, finely chopped
- salt to taste
- 2 tablespoons Coriander Leaves
- 2 tablespoon lemon hjuice
- 1 tablespoon Ghee



## Nutritive value

Calories: 215 kcal  
Protein: 6 g  
Fat: 5 g  
Carbohydrates: 38 g  
Fiber: 5 g  
Sugar: 3 g  
Calcium: 30 mg  
Iron: 2 mg

## Method

1. To begin making the Foxtail Millet Upma, heat oil in a pressure cooker over medium heat; add mustard seeds and split urad dal and allow it to crackle. Allow the urad dal to turn golden brown and crisp.
2. Once the dal is golden brown, add the green chilli and red chilli and sauté for a few seconds.
3. Add the onion, ginger and sauté until the onions soften. Once the onion softens, add the curry leaves, turmeric powder, beans, carrots, foxtail millet, salt and 2-1/2 cups of water.
4. Cover the pressure cooker and pressure cook the millet upma for 5 to 6 whistles and simmer for 5 minutes and turn off the heat. Allow the pressure to release naturally
5. Once the pressure releases, give it a gentle stir. Squeeze in the juice from one lemon and stir in the chopped coriander leaves.
6. Serve Foxtail Millet Upma Recipe along with Tomato Onion Chutney Recipe or coconut chutney and South Indian Filter Coffee for a wholesome breakfast.

# Kodo millet veg. pulao

## Ingredients:

- 1 cup kodo millet
- 2 cups mixed vegetables (carrots, beans, peas, etc.)
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1-inch piece of ginger, grated
- 1 tsp cumin seeds
- 1 tsp coriander powder
- ½ tsp turmeric powder
- ½ tsp red chili powder
- Salt to taste
- 2 tbsp oil or ghee
- 2 cups water
- Coriander leaves for garnish

## Method:

1. Rinse the millet in water and soak for 30 minutes.
2. Heat oil or ghee in a pan and add cumin seeds. Once they splutter, add chopped onions, garlic, and ginger. Fry until onions become translucent.
3. Add mixed vegetables and fry for a few minutes. Add coriander powder, turmeric powder, red chili powder, and salt. Fry for another minute.
4. Drain the water from soaked millet and add it to the pan. Fry for a minute.
5. Add water and bring to a boil. Reduce heat, cover the pan, and simmer for 20 minutes or until the millet is cooked and all the water is absorbed.
6. Garnish with coriander leaves and serve hot.

## Nutritive value (per serving):

Calories: 219 kcal  
Carbohydrates: 34.9 g  
Protein: 4.5 g  
Fat: 6.4 g  
Fiber: 4.7 g  
Vitamin A: 2218 IU  
Vitamin C: 16.5 mg  
Calcium: 24.2 mg  
Iron: 1.9 mg





# Foxtail millet cutlet

## Ingredients

½ cup foxtail millet, soaked for 2-3 hours  
100 Gms paneer  
2 tbsp. gram flour  
1 onion, chopped  
1 ginger, grated  
2 green chillies, chopped  
Salt to taste  
¼ tsp. turmeric powder  
½ tsp. coriander powder  
½ tsp. gram masala powder  
½ tsp red chilli powder  
2-3 tbsp coriander leaves, chopped  
Oil to shallow fry

## Method

1. Pressure cooks the millet in 1cup water for 4 whistles.
2. The blend in a food processor along with the paneer.
3. Mix with the rest of the ingredients (expect oil) and for a dough.
4. Make cutlets of any shape out of it and refrigerate for some time.
5. Heat oil in a pan and shallow fry the cutlets, few at a time, on both sides till light golden in color.
6. Healthy and tasty foxtail millet cutlet for ready to serving.

## Nutritive value

Protein 331 kcal  
Fat 8 g



# Finger Millet Puttu

## Ingredients

Ragi aval millet – 1 cup  
Onion – 1 (sliced)  
Green chilli – 1chopped  
Ginger – 1 ½ tbsp finely chopped  
Curry leaves - 1 spring  
Coconut – 2 tbsp grated  
Coriander leaves – 2 tbsp roughly chopped  
Mustard seeds – 1tbsp  
Bengal gram – 1tbsp  
Urad dal – ½ tbsp  
Oil – 2 tbsp  
Salt to taste



## Method

1. Wash ragi aval then drain water (don't soak) & steam in cooker for 3 min. then let it cool (2 min).
2. heat oil in a pan add mustard seeds & let its splutter, Bengal gram, urad dal and peanuts then add onion sauté well.
3. Add ginger, capsicum, green chilli & curry leaves sauté. Then add grated coconut.
4. Add ragi aval and salt mix well. Sprinkle chopped coriander leaves. Cut off heat and serve hot with pickle, coconut chutney.

## Nutritive value

Energy 329KCal  
Fat 5.2g  
Protein 9.7g  
Crabs 60.9g  
Fiber 7.6g





# MILLET PATTIES

## Ingredients

Sorghum – ½ cup,  
Little millet – ½ cup,  
Foxtail millet – ½ cup,  
Barnyard millet – ½ cup,  
Pearl millet – ½ cup,  
Rajma – ½ cup  
Finely chopped onions, capsicum,  
ginger, cilantro  
shredded carrot and potato,  
½ cup corn,  
Bread crumbs  
Salt – as required

## Instructions

1. Wash and soak millets in enough water for 5-10 minutes.
2. Boil the drained millet in 1.5 cups of water and cook in medium heat for 5-7 minutes till all the millets are cooked.
3. In a processor or blender, mash cooked vegetables and add cooked millet and rest of the ingredients and mix well.
4. Then divide the mixture into small ball sized portions and flatten between palms.
5. Heat a tawa/griddle, smear with oil once it is hot and shallow fry patties by flipping on both sides.
6. Serve the delicious millet patties with ketchup or chutney.



## Nutritive Value

The approximate nutrient content for a 1 serving (1 pattice) of millet pattice:

Calories: 150-200  
Carbohydrates: 15-20 grams  
Protein: 5-7 grams  
Fat: 8-10 grams  
Fiber: 2-4 grams  
Sodium: 100-200 milligrams  
Potassium: 200-300 milligrams  
Calcium: 50-100 milligrams  
Iron: 1-2 milligrams  
Vitamin C: 2-4 milligrams

# FOXTAIL MILLET IDLI

## Ingredients

3 cup foxtail millet  
1 cup urad dal  
¾ cup poha  
1 tsp fenugreek  
1 carrot  
1 capsicum

## Methods

1. Wash and soak millet, dal and poha separately for four hours.
2. Soak fenugreek seeds along with urad dal.
3. In a blender, first grind dal and fenugreek seeds by adding very little water to a fluffy consistency. Use a table spoon to add water as and when needed.
4. Grind the millet using very little water to a smooth batter followed by poha
5. Mix everything well adding salt and keep aside for 8 hours to ferment.
6. Using the idli cooker, make idlis and serve with chutney/sambar.

## Nutritive value

Calories	104 kcal
Crabs	14.8 grams
Protein	2.9 grams





# Kodo millet kheer

## Ingredients

Kodo millet -1/4 cup  
Sugar – ½ cup  
Milk – 2 cup  
Water – 1 cup  
Sugar – ½ cup  
Cashew nuts – 10  
Dry grapes – 10  
Cardamom powder – 10



## Method

1. Heat the ghee in a heavy bottomed pan; roast the cashew and dry grapes until they turn into golden color. Take them out from the ghee and keep it aside.
2. Fry the kodo millet in the same ghee itself until nice aroma comes out.
3. Then add the water and mix them well. Now close the pan with lid and cook till it become soft. At this stage, water gets completely absorbed by the millets.
4. Now add of 1 cup of milk, sugar cardamom powder. Mix it well and bring it to boil and cook for 5-8 minutes.
5. Now add the fried nuts and remaining milk.
6. Mix it well and swith off the stove.
7. Garnish with cashew and dried grapes.
8. Serve it hot or cold.

## Nutritive value

Protein 59.2g  
Fiber 10.6g  
Fats 10.2g  
Calcium 107.8mg  
Sodium 27.0 mg  
Vitamin B3 3.48 mg

## Ingredients

# MILLET BIRYANI

- 1.5 Cup of Foxtail Millet  
2 cups of water  
1 tablespoon of vegetable oil  
1 teaspoon of cumin seeds  
1 teaspoon of grated ginger  
1 cup of mixed vegetables  
½ teaspoon of turmeric powder  
½ teaspoon of red chili powder  
½ teaspoon of garam masala  
Salt to test  
½ cup of yogurt  
½ cup chopped tomatoes  
¼ cup of cilantro, mint, almonds, raisins  
2 tablespoons of ghee  
¼ cup of water



## Methods

1. Wash the foxtail millet thoroughly at least twice and soak it for a minimum of 45 to 60 minutes.
2. Heat the oil in a large saucepan over medium heat. Add the cumin seeds ,chopped tomatoes ,salt ,garam masala ,and red chili powder .cover and cook until the tomatoes are soft and mushy for about 4 to 5 minutes.
3. Add the ginger and saute for a few more minutes.
4. Add the mixed vegetables and saute until they are softened.
5. Drain the foxtail millet and add it to the saucepan. Stir to combine.
6. Add the yogurt and stir to combine.
7. Add the cilantro, mint, almonds and raisins and stir to combine.
8. Add the ghee and water and stir to combine.
9. Reduce the heat to low and cover the saucepan with a lid. Cook for 15-20 minutes or until the foxtail millet is cooked and the biryani is fragrant.
10. Turn off the heat and let it sit covered for 5 minutes.
11. Serve the biryani hot, garnished with more cilantro, mint, almonds and raisins if desired.



# Millet Burfi

## Ingredients

Multi millet mix -1/2 cup  
Almond flour-1/4 cup  
Sugar-1 cup+1/2 tbsp  
Water-1/4 cup  
Saffron-few strands  
Almond flakes-2 tbsp  
Butter/ghee-1/3 cup



## Methods

1. Add 2 tablespoon of ghee in a pan and let it melt.
2. Add millet flour; mix well in a low flame. Cook for a minute. Transfer the mixture into a bowl.
3. Add water. Sugar and saffron; let it boil. Let sugar melt completely.
4. Once when the sugar syrup starts dropping from the ladle add millet flour, almond, flour; mix well.
5. Add remaining ghee in small portions and mix well.
6. Cook till it becomes like a mass and leaves the pan. To get the right consistency, take a small portion and make a ball-if you are able to form a small laddu, then the consistency is right. Switch off the stove.
7. Transfer into a greased plate and sprinkle almond flakes.
8. Let it cool down. Cut into desired shape and serve.



# RAGI SOUP

## Ingredients

½ Cup ragi flour  
4 cup water  
1 onion, large, finely chopped  
1 tablespoon garlic, finely chopped  
1 tablespoon ginger, finely chopped  
1/3 cup carrot, finely chopped  
¼ cup capsicum, finely chopped  
¼ cup green beans, finely chopped  
1/3 cup cabbage, shredded  
½ cup green peas, fresh or frozen, blanched  
1 green chili, finely chopped  
2 tablespoon coriander leaves, chopped  
1 tablespoon lime juice, freshly squeezed  
1 teaspoon black pepper powder  
Salt to taste  
1 tablespoon butter/oil  
1 bay leaf  
2 cloves



## Method

1. Warm ½ cup water, add ragi flour make a paste and keep it aside.
2. Heat butter/ oil in a wok, add onion, ginger garlic and saute it till raw smell goes off.
3. Add bay leaf, cloves and cinnamon stick and add all the chopped veggies and blanched green peas refer notes.
4. Add 3 ½ cup of water and bring to boil. Once it starts to boil, reduce the heat and put it on sim.
5. Remove bay leaf, cinnamon, cloves and discard it, as it added only to get flavor.
6. To this add the ragi paste /ragi slurry, stir and allow it cook.
7. Once it starts to thicken, turn off the stove.
8. Add salt, pepper powder, lemon juice and coriander leaves.
9. Serve hot.



# Kodo millet Payasam

## Ingredients:

Kodo millet – 150 g,  
Sugar – 250 g,  
Milk – 250 ml,  
Saffron – 4-5 threads,  
Dry fruits (cashew, almond and pista) – 50 g  
Ghee – 30 ml.

## Method:

1. Cook together kodo millet, saffron and milk on slow heat until the millet gets mashed.
2. Add sugar and stir gently to cook payasam.
3. Heat ghee in a pan add all dry fruits and roast until golden colour and add to the cooked payasam.
4. It can be served hot or cold.

## Nutritive value (per serving):

Calories: 200-250  
Carbohydrates: 30-35 grams  
Protein: 6-8 grams  
Fat: 5-7 grams  
Fiber: 1-2 grams  
Sodium: 50-100 milligrams  
Potassium: 150-200 milligrams  
Calcium: 150-200 milligrams  
Iron: 1-2 milligrams



# SORGHUM BASED SHARBAT

## Ingredients

- Sorghum flour- 1 cup
- Barley 1/2 cup
- Sugar
- Pepper corns
- Lemon and water– as required.

## Method

1. Add sorghum flour and barley to cold water and boil in simmer for 20 minutes.
2. Remove the pan from the heat and add the peppercorns, lemon zest and sweetener.
3. Stir, cover, and cool to room temperature and chill well.
4. Before serving, blend in the lemon or pour over ice and garnish with citrus twist.

## Nutritive value

Calories: 120-150  
Carbohydrates: 30-35 grams  
Protein: 0-1 grams  
Fat: 0-1 grams  
Fiber: 0-1 grams  
Sodium: 10-20 milligrams  
Potassium: 50-100 milligrams  
Calcium: 10-20 milligrams  
Iron: 0.5-1 milligrams





# Ragi Juice

## Ingredients

1 cup ragi flour  
3 cups water  
2-3 tablespoons jaggery or honey  
1/4 teaspoon cardamom powder  
A pinch of salt

## Instructions

1. In a bowl, mix the ragi flour with 1 cup of water to form a smooth paste, ensuring there are no lumps.
2. Heat the remaining 2 cups of water in a pan and bring it to a boil.
3. Add the ragi paste to the boiling water and stir continuously to avoid any lumps.
4. Keep stirring the mixture until it thickens and starts to leave the sides of the pan.
5. Turn off the heat and let the mixture cool down to room temperature.
6. Once cooled, strain the mixture through a fine mesh sieve or cheesecloth to remove any solid particles.
7. Add jaggery or honey, cardamom powder, and salt to the strained mixture and mix well.
8. Your ragi juice is ready to serve. You can garnish it with some chopped nuts or fresh mint leaves if desired.
9. Note: You can adjust the amount of jaggery or honey as per your taste preference. You can also add some lime juice to make it more tangy.

## Nutritive Value

Per serving for approximately  
1 cup or 240 ml  
Calories: 150  
Protein: 3 grams  
Fat: 1 gram  
Carbohydrates: 32 grams  
Fiber: 2 grams  
Calcium: 150 milligrams  
Iron: 3 milligrams  
Magnesium: 60 milligrams  
Potassium: 120 milligrams  
Vitamin C: 2 milligrams  
Vitamin E: 1 milligram  
B vitamins: Thiamin (0.2 milligrams), Riboflavin (0.1 milligrams), Niacin (1.2 milligrams), Vitamin B6 (0.1 milligrams), Folate (10 micrograms)



# Bajra Methi Puri

## Ingredients

1 cup bajra/pearl millet flour  
½ cup whole wheat flour  
½ cup fresh fenugreek leaves finely chopped  
2 tsp salt  
1 tsp ajwain / carom seeds  
1 tsp ginger (grated or use ginger powder)  
1 tsp coriander powder  
1 tsp redchilly powder optional  
1 tsp turmeric  
Oil for deep frying

## Instructions

1. In a mixing bowl, add all the ingredients, except for oil. Using your fingers mix everything together. Since fenugreek leaves are wet, they tend to stick together so prefer mixing the dry ingredients well before kneading them into a dough.
2. Using warm water, knead the flour mixture into a tight dough.
3. Be careful to add water little by little.
4. Cover and keep aside for 10-15 minutes. Divide the dough into small lime size balls. Heat oil in a deep kadhai/wok. Roll each bajra dough ball into an approx circle. Use a plastic sheet (the same way as in Bajra roti recipe).
5. Carefully put each rolled Puri into the hot oil and fry till it puffs up and is golden brown on both sides.
6. Remove on an absorbent kitchen towel to soak excess oil.
7. Serve hot with your favourite curry.



## Nutritional Value

Serving Size 1  
per serving Calories  
237  
Total Fat 10.4g  
Saturated Fat 3.2g  
Sodium 170mg  
Total Carbs 27g  
Total Sugars 2g  
Protein 5g



# SORGHUM SANKATI

## Ingredients

- Sorghumrawa – 1 cup,
  - Sorghumflour – 1 cup,
  - Cooked rice – ¼ cup
- Salt – for taste.

## Methods

- 1.Add sieved sorghum rawa to the boiled water.
- 2.Cook at low flame for 5 min, then add sorghum flour slowly & mix thoroughly so that lumps are not formed.
- 3.After10 min of cooking, add some cooked rice and mix well and again cook for15-20 min.
4. Make that mixture into small balls
- 5.Serve hot with vegetable curry or chutney.

## Nutritive value

On average, a 100-gram serving of sorghum sankati provides approximately:

Calories: 120-140  
Carbohydrates: 25-30 grams  
Protein: 2-3 grams  
Fat: 1-2 grams  
Fiber: 2-3 grams  
Iron: 1-2 milligrams  
Magnesium: 20-25 milligrams  
Phosphorus: 50-60 milligrams  
Potassium: 90-100 milligrams



# Proso Millet Khaja

## Ingredients

- Proso millet flour – ½ cup,
- Maida–½ cup,
- Sugar – ½ tsp
- Oil– for frying.

## Method

- 1.Prepare dough with proso millet flour and maida. Add small quantity of hot oil while dough making.
- 2.Roll the roti from the dough into
- 3.1 inch thickness and roll into the center.
- 4.Cut the roll into small shapes (khajas).
- 5.Add sugar to water and boil till single thread consistency.
- 6.Fry the prepared khaja in oil.
- 7.Excess oil is drained and put it on tissue paper.
- 8.Add the prepared khajas in sugar and soak for 5 min and serve.

## Nutritive value

Calories: 120-150  
Carbohydrates: 15-20 grams  
Protein: 2-3 grams  
Fat: 6-8 grams  
Fiber: 0-1 grams  
Sodium: 20-30 milligrams  
Potassium: 30-40 milligrams  
Calcium: 10-20 milligrams  
Iron: 0.5-1 milligrams





# Barnyard Millet Oats Smoothie

## Ingredients:

1/2 cup cooked Barnyard millet  
1/2 cup rolled oats  
1 ripe banana  
1 cup almond milk  
1 tbsp honey  
1/2 tsp vanilla extract  
1/2 tsp cinnamon  
1/2 cup ice cubes

## Instructions:

1. Begin by cooking 1/2 cup of Barnyard millet according to the package instructions, and then let it cool.
2. Add the cooked millet, 1/2 cup rolled oats, 1 ripe banana, 1 cup almond milk, 1 tbsp honey, 1/2 tsp vanilla extract, and 1/2 tsp cinnamon into a blender.
3. Blend on high speed until the mixture is smooth and creamy, scraping down the sides of the blender as needed.
4. Add 1/2 cup of ice cubes and blend again until the ice is completely crushed and the smoothie is chilled.
5. Pour the smoothie into glasses and enjoy!
6. This recipe makes approximately 2 servings, so you can adjust the ingredients accordingly if you need to make more or less.

## Nutritive Value

Approximate nutritive  
value in one serving:

Serving size: 1 glass (240 ml)

Calories: 150

Total fat: 2.5g

Saturated fat: 0.5g

Trans fat: 0g

Cholesterol: 0mg

Sodium: 90mg

Total Carbohydrates: 30g

Dietary fiber: 3g

Sugars: 10g

Protein: 3g

Vitamin D: 0%

Calcium: 10%

Iron: 8%

Potassium: 150mg



# FINGER MILLET RAWA CHOCOLATE PUDDING

## Ingredients

Finger millet rawa – 1/4 cup  
Fingermillet flour – 1/4 cup,  
Water – 3/4 cup,  
Salt – a pinch,  
Boiled milk – 1/4 cup,  
Chocolate chopped – 1/4 cup  
Chopped nuts – 1 tsp

## Method

1. Boil water with a pinch of salt and add the finger millet rawa to the boiling water and add milk to the mixture.
2. Add the finger millet flour to it and do not stop stirring, else lumps will form..
3. Keep stirring for 2 minutes and add chopped dark chocolate mix and stir well.
4. Serve hot or cold with chopped nuts.

## Nutritive value

Calories: 250-300

Carbohydrates: 35-40 grams

Protein: 7-9 grams

Fat: 9-11 grams

Fiber: 2-3 grams

Sodium: 50-100 milligrams

Potassium: 250-300 milligrams

Calcium: 200-250 milligrams

Iron: 2-3 milligrams





# Cream Of Sorghum Soup

## Ingredients

Sorghum grain – 100 g,  
Bouquetgarni– 1 ,  
Roughly chopped vegetables (leeks,  
celery, carrot, onion and turnip) –100 g  
Veg. stock – 1000 ml  
Seasoning – to taste

## Instructions

1. Clean and boil sorghum along with all the vegetables.
2. Add a sprig of bouquet garni.
3. When all ingredients are well done remove bouquetgarni.
4. Blend it in a mixer and bring back in a pan to re-boil.
5. Adjust the seasoning and add a dash of fresh cream.
6. Serve it piping hot with garlic bread.

## Nutritive Value

1 cup serving of cream of sorghum soup:

Calories: 200-250  
Carbohydrates: 25-30 grams  
Protein: 5-8 grams  
Fat: 10-15 grams  
Fiber: 3-5 grams  
Sodium: 400-600 milligrams  
Potassium: 300-400 milligrams  
Calcium: 100-150 milligrams  
Iron: 2-4 milligrams  
Vitamin C: 4-8 milligrams



# Ragi Buttermilk Cooler

## Ingredients:

2 cups of ragi (finger millet) flour  
4 cups of buttermilk  
1/2 teaspoon of cumin powder  
1/2 teaspoon of black pepper powder  
1/2 teaspoon of ginger paste  
Salt to taste  
A few fresh mint leaves  
Ice cubes

## Instructions:

1. Take a mixing bowl and add 2 cups of ragi flour, 1/2 teaspoon of cumin powder, 1/2 teaspoon of black pepper powder, 1/2 teaspoon of ginger paste and salt to taste.
2. Mix all the ingredients well.
3. Add 4 cups of buttermilk to the mixture and whisk it thoroughly so that there are no lumps.
4. Take a few fresh mint leaves and crush them using your hands. Add the crushed mint leaves to the buttermilk mixture and stir well.
5. Add ice cubes to the mixture and stir again.
6. Taste the cooler and adjust the seasoning as per your preference.
7. Pour the ragi buttermilk cooler into glasses and garnish with some fresh mint leaves.
8. Serve chilled and enjoy!
9. This cooler is a great way to incorporate the nutritious ragi into your diet and is perfect for hot summer days.

## Nutritive Value

Approximate  
nutritive value of one  
serving of Ragi  
Buttermilk Cooler  
(250 ml):

Calories: 100-120  
Carbohydrates: 18-  
20 g  
Protein: 5-7 g  
Fat: 1-2 g  
Fiber: 1-2 g  
Sodium: 300-350 mg





# Finger Millet Masala Paniyaram

## **Ingredients:**

1 cup of finger millet flour (ragi flour)  
1/2 cup of semolina (rava)  
1/2 cup of yogurt (curd)  
1/2 cup of finely chopped onions  
1/2 cup of finely chopped tomatoes  
1/4 cup of finely chopped coriander leaves  
1/2 tsp of grated ginger  
1-2 green chillies (finely chopped)  
1/2 tsp of mustard seeds  
1/2 tsp of cumin seeds  
1/4 tsp of asafoetida (hing)  
Salt to taste  
Water as required  
Oil for frying

## **Instructions:**

- In a mixing bowl, add 1 cup of finger millet flour, 1/2 cup of semolina, 1/2 cup of yogurt, and salt to taste. Mix well to form a smooth batter. Add water as required to get the right consistency.
- Heat a pan and add 1 tsp of oil. Add 1/2 tsp of mustard seeds, 1/2 tsp of cumin seeds, and 1/4 tsp of asafoetida. Once the seeds start to crackle, add 1/2 cup of finely chopped onions, 1/2 cup of finely chopped tomatoes, 1/2 tsp of grated ginger, and 1-2 finely chopped green chillies. Saute until the onions turn translucent.
- Add the sauteed vegetables to the batter and mix well. Add 1/4 cup of finely chopped coriander leaves and mix again.

- Heat the paniyaram pan and add a few drops of oil to each cavity. Pour the batter into each cavity, filling it up to 3/4th of its capacity.
- Cover the pan and cook on low heat for about 2-3 minutes.
- Flip the paniyarams using a wooden stick or spoon and cook on the other side for another 2-3 minutes until they turn golden brown in color.
- Repeat the process until all the batter is used up.
- Serve the finger millet masala paniyarams hot with chutney or tomato ketchup.
- Enjoy the healthy and delicious Finger Millet Masala Paniyarams!



# Multi Millet Khakra

## **Ingredients:**

Sorghum flour – 25 g,  
Pearl millet flour – 25 g,  
Finger millet flour – 25 g,  
Foxtail millet flour – 25 g,  
Bengal gram flour – 25 g,  
Black gram flour – 25 g,  
Salt – 3 g,  
Coriander powder – 2 g,  
Garam masala powder – 2 g  
Water - 30 ml

## **Preparation Method:**

1. Boil water and add all the above ingredients together by adding water.
2. Make in to dough and roll in to small balls.
3. Make the balls into small rotis.
4. Bake them in roti baker, baking on both sides.
5. Cool them and store.

## **Nutritive value**

approximate nutritive value of Multi Millet Khakra:

Calories: 100-120  
Carbohydrates: 15-18 g  
Protein: 2-3 g  
Fat: 3-5 g  
Fiber: 2-3 g  
Sodium: 150-200 mg





# Millet Dosa

## Ingredients:

1 cup of mixed millets (you can use any millets like foxtail, pearl, barnyard, little millet)  
1/2 cup of urad dal (split black gram)  
1/2 tsp fenugreek seeds  
Salt to taste  
Water as required

## Instructions:

- Wash the millets and urad dal separately, and soak them in enough water for about 5-6 hours.
- Rinse the soaked urad dal and fenugreek seeds in fresh water and grind them in a mixer or grinder to make a smooth batter. The consistency should be fluffy and light.
- Rinse the soaked millets in fresh water and grind them in a mixer or grinder to make a smooth batter. The consistency should be slightly coarse, but not too thick or too thin.
- Mix the urad dal batter and millet batter together, add salt to taste, and mix well. Add water if required to make a pouring consistency batter.
- Cover the batter and keep it in a warm place for 8-10 hours to ferment. After fermentation, the batter should have increased in volume and should be slightly sour.
- Heat a non-stick or cast-iron tawa or skillet on medium-high heat. Once it's hot, pour a ladleful of batter on the tawa and spread it in a circular motion to form a thin dosa.

- Drizzle a little oil around the edges of the dosa and let it cook for 2-3 minutes on medium flame.
- Flip the dosa and let it cook on the other side for 1-2 minutes or until it turns light golden brown.
- Serve hot with chutney, sambar or any other accompaniment of your choice.
- Enjoy your delicious and healthy Millet Dosa!

Note: You can use any mixed millets to make this dosa. You can use a combination of foxtail millet, pearl millet, barnyard millet, and little millet. Using a combination of millets will give a good taste and texture to the dosa. You can adjust the proportion of each millet based on your preference.



# Barnyard Millet Pizza

## Ingredients

Barnyard millet, 1/2 cup,  
Maida - 1/2 cup,  
Baking soda - 1/2 tsp,  
Salt - as required,  
Oil - 1-2 tsp (for cooking the crusts),  
Water - if needed millet crust pizza  
Onions, green capsicum, tomatoes cubed - 1/3 cup  
Sweetcorn kernels - a few  
Tomato sauce - 1/3  
Mozzarella cheese - as required



## Preparation Method

1. Soak the millet in enough water for at least an hour and grind into a smooth paste.
2. Add baking powder, maida along with salt and mix well (you can also ferment the batter in a warm place for 6 hrs)
3. Heat a flat pan. Pour a ladle full of the prepared batter – don't spread it. Spread few drops of oil all around the crust, cook and flip it to the other side.
4. Pre-heat the oven at 180°C for about 5-7 mins.
5. Meanwhile, line a baking tray with aluminum foil or parchment paper. Place these prepared pizza crusts on the baking tray.
6. Spread the tomato sauce and mozzarella cheese over the sauce. Place cubed onions, capsicum and sweet corn all over the pizza.
7. Bake/Grill at 180°C for about 7-10 mins, until the cheese is bubbly and the vegetables are toasted.
8. Serve hot with red chilli flakes and mixed Italian herbs on top!

**NOTE:** There can be a few cracks over the edges of the pizza crust as it is gluten free, but that not hamper the taste



# Sorghum Samosa

## Ingredients

Sorghum flour – 1 cup  
Maida – 1 cup,  
Potatoes – 1 cup  
Boiled peas, onions  
Green chillies and curry leaves as required



## Preparation Method

1. Take one cup of sorghum flour and one cup of maida.
2. Mix well and add required amount of water to make dough.
3. Make small chapati balls and spread the dough with roller stick and cut in to half's.
4. Mash boiled potatoes, add chopped onions, green chillies and curry leaves.
5. Make seasoning with chopped onions, green chillies, curry leaves and boiled mashed potatoes, boiled peas and salt to taste.
6. Fill the above mixture in each half and fold in triangular shape and deep fry.
7. Serve hot with tomato sauce or chutney

## Nutritive Value

Approximate nutritive value (one samosa):  
Calories: 100-120  
Carbohydrates: 10-12 g  
Protein: 3-4 g  
Fat: 6-8 g  
Fiber: 2-3 g  
Sodium: 150-200 mg



# Sorghum Cabbage Muthias

## Ingredients

Grated cabbage-1 cup  
Sorghum flour -1 cup  
Curd  
Chopped coriander  
Lemon juice  
Ginger-green chilli paste  
Grated garlic  
Turmeric powder  
Baking soda  
Sugar and salt as required

## Preparation Method

1. Combine all the ingredients in a bowl and knead to make a soft dough using enough water.
2. Divide the dough into a 3 equal parts and shape each portion into a cylindrical roll.
3. Place the rolls on a greased steaming dish and steam for 10 to 12 min. till firm.
4. Remove, cool and cut into thick slices and saute over a low flame till they are lightly browned.
5. Serve hot, garnished with coriander.



## Nutritive Value

Approximate nutritive value of (one piece):  
Calories: 50-60  
Carbohydrates: 6-8 g  
Protein: 1-2 g  
Fat: 2-3 g  
Fiber: 1 g  
Sodium: 50-60 mg



# Pearl Millet Pakoda

## Ingredients:

1/3 Chopped onion, green chilli  
pearl millet flour – 1 cup,  
bengal gram flour – 1/2 cup  
chilli powder and salt – as required



## Preparation Method:

1. Mix pearl millet sorghum flour, bengal gram flour, chopped onion, green chilli, chilli powder, salt and water with medium batter consistency.
2. Fry the batter in oil with the required size.
3. Excess oil is to be removed in a tissue.
4. This can be served as evening snack along with tomato sauce.

## Nutritive Value

the approximate nutritive value of pearl millet pakoda, per 100 grams:

Calories: 357

Carbohydrates: 41.8 grams

Protein: 7.6 grams

Fat: 18.7 grams

Fiber: 1.8 grams

Sugar: 0.5 grams

Sodium: 341 mg

Potassium: 203 mg

Calcium: 50 mg

Iron: 2.2 mg

Vitamin C: 5.5 mg



# Mixed Millet Bhel Puri

## Ingredients

1 Cup mix millet flakes  
1 cup ragi flakes  
3 cups puffed rice flakes  
1/2 cup peanuts, roasted  
1/2 cup amaranth & brown rice namkeen  
2 tbsp chaat masala  
3 tbsp black sesame  
4 potatoes (diced), boiled  
2 onions, chopped  
2 Tomatoes  
4 tbsp lime juice  
2 tbsp green chilies  
3 tbsp green chutney  
Handful of fresh coriander  
3 tbsp moringa leaves powder



## Preparation Method

1. Take a bowl and add mix millets, ragi flakes and puffed rice flakes. Now add roasted peanuts along with amaranth and brown rice namkeen. Sprinkle chat masala and black sesame in it.
2. Moisten the mixture with potatoes, tomatoes, onions, lime juice and green chilies. Mix well.
3. Later add moringa powder and green chutney and mix well.
4. Garnish with coriander leaves and serve it.



# Foxtail Millet Porridge

## Ingredients

80 gms foxtail millet  
250 ml milk  
5 Banana slices  
4 pcs cashew nuts  
2 pcs figs, sliced  
4 pcs lotus seeds  
Handful of amaranth seeds

## Method

1. Soak the foxtail millet in water for half an hour
2. Drain the water.
3. Add the foxtail to the milk and cook it on a medium heat for 5 minutes.
4. Once cooked take off heat and add figs, banana, cashew nuts, amarnath and lotus seeds

## Nutritive value

The approximate nutritive value of foxtail millet porridge per 100 grams:

Calories: 351  
Carbohydrates: 65 grams  
Protein: 11 grams  
Fat: 4 grams  
Fiber: 6 grams  
Sugar: 0 grams  
Sodium: 5 mg  
Potassium: 303 mg  
Calcium: 17 mg  
Iron: 3.1 mg  
Vitamin C: 0 mg



# Sorghum Boondi Laddu

## Ingredients:

- Sorghum flour – 60 g,
- Bengal gram flour – 40 g,
- Oil – for frying;
- Sugar – 50 g,
- Rasins,
- Cashew nut,
- Cardamom powder,
- Gheeand water– as required

## Preparation Method:

1. Mix sorghum flour, bengal gram flour and water till batter consistency.
2. Put the batter onto a boondi frame and fry the till boondi golden colour.
3. Take sugar and water in a pan, and boil till a single thread cons is tenc y and add the cardamom powder and mix well.
4. Now take boondi is in a bowl, add in the sugar syrup.
5. Make lemon size balls and serve.

## Nutritive value

Calories: 150-200  
Carbohydrates: 20-25 grams  
Protein: 1-2 grams  
Fat: 8-10 grams  
Fiber: 0-1 grams  
Sodium: 50-100 milligrams  
Potassium: 10-20 milligrams  
Calcium: 10-20 milligrams  
Iron: 0.5-1 milligrams





# Bajra khichdi

## Ingredients

- 1 cup bajra (pearl millet)
- 1/2 cup moong dal (split green gram)
- 2 tbsp ghee (clarified butter)
- 1 tsp cumin seeds
- 1 tsp mustard seeds
- 1 tsp grated ginger
- 1 green chili, chopped
- 1/2 tsp turmeric powder
- 1/2 tsp red chili powder (optional)
- Salt to taste
- 4 cups water
- Coriander leaves for garnishing



## Instructions

1. Rinse the bajra and moong dal together in a strainer and soak them in water for at least 2 hours.
2. Drain the water and add the soaked bajra and dal to a pressure cooker.
3. Add 4 cups of water, salt, turmeric powder, and red chili powder (if using). Mix well.
4. Close the lid of the pressure cooker and cook on high flame for 4-5 whistles.
5. Turn off the heat and allow the pressure to release naturally.
6. Once the pressure has been released, open the lid of the pressure cooker and give the khichdi a good stir.
7. Heat ghee in a pan and add cumin seeds and mustard seeds. Allow them to splutter.
8. Add grated ginger and chopped green chili. Saute for a few seconds.
9. Pour the tempering over the bajra khichdi and mix well.
10. Garnish with chopped coriander leaves and serve hot.
11. Your healthy and delicious bajra khichdi is ready to be enjoyed!

# Sorghum Dosa

## Ingredients

- Sorghum grain - 3 cup
- Black gram dal - 1 cup
- Salt and oil (for shallow fry)

## Preparation Method:

Grind the soaked sorghum grain and black gram dal together into a fine batter. Add salt for taste and allow it for fermentation.

Apply a tea spoon of oil on the preheated dosa making tawa and pour the batter on it, spread with scoop into thin round shape.

Fry till crisp dosa is obtained.

Serve hot with chutney

## Nutritive value

Approximate nutritive value of a standard 100-gram serving of sorghum dosa:

Calories:	150-170
Carbohydrates:	25-30 grams
Protein:	2-3 grams
Fat:	1-2 grams
Fiber:	2-3 grams
Iron:	1-2 milligrams
Magnesium:	20-25 milligrams
Phosphorus:	50-60 milligrams
Potassium:	90-100 milligrams





## INGREDIENTS

- 1 cup jowar (sorghum) flour
  - 1/4 cup yogurt
  - 1/4 cup semolina (sooji/rava)
  - 1/4 cup gram flour (besan)
  - 1 tablespoon ginger-green chili paste
  - 1 tablespoon lemon juice
  - 1/2 teaspoon turmeric powder
  - 1/2 teaspoon baking soda
  - Salt to taste
  - 1 teaspoon mustard seeds
  - 1 teaspoon sesame seeds
  - A pinch of asafoetida (hing)
  - 2 tablespoons oil
  - Fresh coriander leaves, chopped for garnish
  - Grated coconut for garnish
- For the tempering:**
- 1 tablespoon oil
  - 1/2 teaspoon mustard seeds
  - 1/2 teaspoon sesame seeds
  - A few curry leaves

## INSTRUCTIONS

1. In a mixing bowl, combine jowar flour, yogurt, semolina, gram flour, ginger-green chili paste, lemon juice, turmeric powder, and salt. Add water gradually and whisk the batter to a smooth consistency. Ensure there are no lumps. The batter should be slightly thick.
2. Set the batter aside for about 30 minutes to allow it to ferment. Fermentation helps in making the dhoklas light and fluffy.
3. After 30 minutes, add baking soda to the batter and mix well. The batter will become frothy.
4. Grease a round or square baking dish or a thali with oil.
5. Heat water in a steamer or a large pot.
6. Pour the batter into the greased dish and place it inside the steamer. Cover it with a lid.
7. Steam the dhokla on medium heat for about 15-20 minutes or until a toothpick inserted in the center comes out clean. Make sure the water in the steamer doesn't touch the dhokla dish.
8. Once the dhokla is cooked, remove it from the steamer and allow it to cool for a few minutes. Then, cut it into square or diamond-shaped pieces.
9. For tempering, heat oil in a small pan. Add mustard seeds and let them splutter. Then, add sesame seeds, asafoetida, and curry leaves. Stir for a few seconds and remove from heat.
10. Drizzle the tempering over the cut dhokla pieces.
11. Garnish with chopped coriander leaves and grated coconut.
12. Serve the Jowar Dhokla warm with green chutney or tamarind chutney.
13. Enjoy your homemade Jowar Dhokla!

# Jowar Dhokla



## NUTRITIONAL VALUE

Nutritional Value Per Serving (1 piece):  
Calories: 80-100  
Total Fat: 3-4 grams  
Saturated Fat: 0.5-1 gram  
Cholesterol: 0 milligrams  
Sodium: 200-250 milligrams  
Total Carbohydrates: 10-12 grams  
Dietary Fiber: 1-2 grams  
Sugars: 1-2 grams  
Protein: 2-3 grams

# Ragi Khandavi



## INGREDIENTS

### **For the batter:**

- 1 cup finger millet (ragi) flour
- 1/4 cup gram flour (besan)
- 1 cup yogurt
- 2 cups water
- 1 teaspoon ginger paste
- 1 green chili, finely chopped
- 1/2 teaspoon turmeric powder
- Salt to taste

### **For the tempering:**

- 2 tablespoons oil
- 1 teaspoon mustard seeds
- 1 teaspoon sesame seeds
- A pinch of asafoetida (hing)
- Curry leaves

### **For garnish:**

- Fresh coriander leaves, chopped
- Grated coconut

## NUTRITIONAL VALUE

Nutritional Value Per Serving (4-6 pieces):  
Calories: 150-200  
Total Fat: 7-9 grams  
Saturated Fat: 1-2 grams  
Cholesterol: 0 milligrams  
Sodium: 150-200 milligrams  
Total Carbohydrates: 18-20 grams  
Dietary Fiber: 2-3 grams  
Sugars: 2-3 grams  
Protein: 4-6 grams

## INSTRUCTIONS

1. In a mixing bowl, combine the finger millet flour, gram flour, yogurt, water, ginger paste, green chili, turmeric powder, and salt. Whisk well to make a smooth batter without any lumps.
2. Heat a non-stick pan on medium heat and pour the batter into it.
3. Cook the batter while continuously stirring until it thickens and leaves the sides of the pan. This process can take about 10-15 minutes.
4. Once the batter thickens, turn off the heat and let it cool slightly.
5. Meanwhile, prepare the tempering. Heat oil in a small pan and add mustard seeds. Allow them to splutter, then add sesame seeds, asafoetida, and curry leaves. Stir for a few seconds and remove from heat.
6. Pour the tempering over the slightly cooled batter and mix well.
7. Grease a flat surface or a large plate with oil.
8. Pour the mixture onto the greased surface and spread it evenly into a thin layer using a spatula.
9. Let it cool for a few minutes until it becomes firm but still pliable.
10. Once the mixture has cooled, cut it into strips or squares using a sharp knife.
11. Gently roll each strip or square tightly to form the khandavi rolls.
12. Arrange the rolls on a serving plate.
13. Garnish with chopped coriander leaves and grated coconut.
14. Serve the Finger Millet (Ragi) Khandavi as a snack or appetizer along with chutney of your choice.
15. Enjoy your homemade Finger Millet (Ragi) Khandavi!



# Bajra Thepla

## INGREDIENTS

1 cup bajra flour  
1/4 cup whole wheat flour  
1/4 cup gram flour (besan)  
1/4 cup finely chopped fenugreek leaves (methi) or spinach (optional)  
1/4 cup grated bottle gourd or zucchini (optional)  
1/2 teaspoon turmeric powder  
1 teaspoon red chili powder (adjust to taste)  
1 teaspoon cumin powder  
1 teaspoon coriander powder  
1/2 teaspoon ajwain (carom seeds)  
Salt to taste  
2 tablespoons oil  
Water as needed for kneading the dough  
Oil or ghee for cooking the theplas

## INSTRUCTIONS

1. In a mixing bowl, combine bajra flour, whole wheat flour, gram flour, fenugreek leaves (or spinach), grated bottle gourd (or zucchini), turmeric powder, red chili powder, cumin powder, coriander powder, ajwain, salt, and 2 tablespoons of oil.
2. Mix the ingredients well until they resemble breadcrumbs.
3. Gradually add water and knead the mixture into a smooth and pliable dough. Add water as needed, but be careful not to make the dough too soft.
4. Cover the dough and let it rest for about 15-20 minutes.
5. After resting, divide the dough into small lemon-sized balls.
6. Take one dough ball, dust it with some flour, and roll it out into a thin circle using a rolling pin. If needed, sprinkle some flour while rolling to prevent sticking.
7. Heat a tawa or griddle on medium heat. Place the rolled thepla on the hot tawa.
8. Cook the thepla on one side until you see small bubbles forming on the surface.
9. Flip the thepla and cook the other side for a few seconds.
10. Apply a little oil or ghee on both sides and cook the thepla until it turns golden brown and cooked evenly.
11. Remove the cooked thepla from the tawa and place it on a plate.
12. Repeat the process with the remaining dough balls to make more theplas.
13. Serve the Millet Theplas warm with yogurt, pickle, or any chutney of your choice.
14. Enjoy your homemade Millet Theplas! They make a healthy and delicious breakfast or snack option.

## NUTRITIONAL VALUE

Nutritional Value Per Serving  
(1 thepla):

Calories: 100-120  
Total Fat: 4-6 grams  
Saturated Fat: 0.5-1 gram  
Cholesterol: 0 milligrams  
Sodium: 150-200 milligrams  
Total Carbohydrates: 15-18 grams  
Dietary Fiber: 2-3 grams  
Sugars: 1-2 grams  
Protein: 3-4 grams

# RAGI MODAK

## INGREDIENTS

### **For the modak filling:**

1 cup grated jaggery  
1 cup grated coconut  
1/2 cup roasted and crushed nuts (cashews, almonds, pistachios, etc.)  
1/2 teaspoon cardamom powder  
A pinch of saffron strands (optional)

### **For the modak dough:**

1 cup millet flour (you can use any millet flour, such as ragi, bajra, or jowar)  
1/4 cup rice flour  
1 cup water  
2 tablespoons ghee

## INSTRUCTIONS

1. In a pan, heat ghee and add grated coconut. Sauté for a few minutes until it turns slightly golden.
2. Add grated jaggery to the pan and cook on medium heat until it melts and combines with the coconut.
3. Add crushed nuts, cardamom powder, and saffron strands (if using). Mix well and cook for another 2-3 minutes. Remove from heat and let the filling cool.
4. In a separate saucepan, heat water and bring it to a boil.
5. In a mixing bowl, combine millet flour and rice flour. Gradually add the boiling water to the flour mixture and mix well using a spoon or spatula.
6. Once the mixture cools slightly, knead it into a smooth dough. Add more water or flour if needed to achieve the right consistency.
7. Take a small portion of the dough and shape it into a small cup-like structure using your hands.
8. Place a spoonful of the filling into the dough cup and seal the edges carefully, shaping it into a modak.
9. Repeat the process with the remaining dough and filling to make more modaks.
10. Steam the modaks in a steamer for about 10-12 minutes or until they are cooked and the dough becomes firm.
11. Remove the modaks from the steamer and let them cool slightly before serving.
12. Millet modaks are ready to be enjoyed as a delicious and healthy sweet treat!

**Note:** You can also use modak molds or shapes to make the modaks if you have them available.

## NUTRITIONAL VALUE

Nutritional Value Per Serving (1 Modak):

Calories: 150-180  
Total Fat: 6-8 grams  
Saturated Fat: 3-4 grams  
Cholesterol: 0 milligrams  
Sodium: 5-10 milligrams  
Total Carbohydrates: 24-28 grams  
Dietary Fiber: 2-4 grams  
Sugars: 14-18 grams  
Protein: 2-3 grams





# Bajra Khichadi



## INGREDIENTS

1 cup bajra (pearl millet)  
1/4 cup moong dal (split yellow lentils)  
1 small onion, finely chopped  
1 small tomato, finely chopped  
2-3 green chilies, slit  
1/2 teaspoon ginger paste  
1/2 teaspoon cumin seeds  
1/2 teaspoon turmeric powder  
1/2 teaspoon red chili powder (optional)  
1/4 teaspoon asafoetida (hing)  
2 tablespoons ghee or oil  
Salt to taste  
Fresh coriander leaves, chopped, for garnish  
Lemon wedges for serving

## NUTRITIONAL VALUE

Nutritional Value Per Serving:  
Calories: 250-300  
Total Fat: 8-10 grams  
Saturated Fat: 3-4 grams  
Cholesterol: 0 milligrams  
Sodium: 400-500 milligrams  
Total Carbohydrates: 40-45 grams  
Dietary Fiber: 8-10 grams  
Sugars: 3-4 grams  
Protein: 10-12 grams

## INSTRUCTIONS

1. Rinse the bajra and moong dal together under running water and soak them in water for at least 4-6 hours or overnight. Drain the water before cooking.
2. In a pressure cooker, heat ghee or oil on medium heat.
3. Add cumin seeds and let them splutter. Then, add asafoetida and ginger paste. Sauté for a few seconds.
4. Add chopped onions and green chilies. Cook until the onions turn golden brown.
5. Add chopped tomatoes and cook until they soften and the oil starts to separate.
6. Add turmeric powder, red chili powder (if using), and salt. Mix well.
7. Drain the soaked bajra and moong dal and add them to the cooker. Stir well to combine with the spices.
8. Add 4 cups of water and mix again.
9. Close the pressure cooker with its lid and cook on medium heat for about 5-6 whistles. If cooking in a pot, cover and cook until the bajra and dal are tender (approximately 30-40 minutes), stirring occasionally.
10. Once the pressure is released, open the cooker and check the consistency of the khichadi. If it is too thick, add a little hot water to adjust the consistency.
11. Garnish with fresh coriander leaves.
12. Serve the Haryanvi-style Bajra Khichadi hot with a dollop of ghee on top and lemon wedges on the side.

Enjoy your hearty and nutritious Haryanvi-style Bajra Khichadi!



# Millet Kofta

## INGREDIENTS

### **For the koftas:**

1 cup millet flour (you can use any millet flour, such as ragi, bajra, or jowar)  
1/2 cup grated vegetables (carrots, cabbage, zucchini, etc.)  
1/4 cup finely chopped onions  
1/4 cup finely chopped coriander leaves  
2 tablespoons besan (gram flour)  
1 teaspoon ginger-garlic paste  
1 teaspoon cumin powder  
1/2 teaspoon coriander powder  
1/2 teaspoon red chili powder  
1/4 teaspoon turmeric powder  
Salt to taste  
Oil for frying

### **For the gravy:**

2 medium-sized onions, finely chopped  
2 tomatoes, pureed  
2 tablespoons oil or ghee  
1 teaspoon cumin seeds  
1 teaspoon ginger-garlic paste  
1/2 teaspoon turmeric powder  
1 teaspoon red chili powder  
1 teaspoon garam masala  
Salt to taste  
Fresh coriander leaves, chopped for garnish



## INSTRUCTIONS

1. In a mixing bowl, combine millet flour, grated vegetables, chopped onions, coriander leaves, besan, ginger-garlic paste, cumin powder, coriander powder, red chili powder, turmeric powder, and salt. Mix well to form a thick dough.
2. Divide the dough into small portions and shape them into round koftas or dumplings.
3. Heat oil in a deep pan or kadhai over medium heat.
4. Fry the millet koftas in hot oil until they turn golden brown and crispy. Remove them from the oil and drain on a paper towel to remove excess oil. Set aside.
5. In a separate pan, heat oil or ghee over medium heat.
6. Add cumin seeds and let them splutter. Then, add finely chopped onions and sauté until they turn golden brown.
7. Add ginger-garlic paste and sauté for a minute until the raw smell disappears.
8. Add tomato puree, turmeric powder, red chili powder, garam masala, and salt. Mix well and cook for 5-6 minutes until the oil separates from the mixture.
9. Add water to achieve the desired consistency for the gravy. Simmer for another 5 minutes.
10. Gently place the fried millet koftas into the gravy and cook for 2-3 minutes to allow them to absorb the flavors.
11. Garnish with fresh coriander leaves.
12. Millet Kofta is ready to be served as a delicious main course dish with roti, naan, or rice.

**Note:** You can also serve the Millet Kofta with a side of raita (yogurt-based dip) or salad for a complete meal.

Enjoy your Millet Kofta!

## NUTRITIONAL VALUE

Nutritional Value Per Serving  
(4-6 Koftas):  
For the Koftas:  
Calories: 150-180 (for 4-6 koftas)  
Total Fat: 5-7 grams  
Saturated Fat: 1-2 grams  
Cholesterol: 0 milligrams  
Sodium: 200-300 milligrams  
Total Carbohydrates: 20-25 grams  
Dietary Fiber: 4-6 grams  
Sugars: 2-3 grams  
Protein: 4-6 grams  
For the Gravy:  
Calories: 100-120  
Total Fat: 6-8 grams  
Saturated Fat: 1-2 grams  
Cholesterol: 0 milligrams  
Sodium: 200-300 milligrams  
Total Carbohydrates: 10-12 grams  
Dietary Fiber: 2-3 grams  
Sugars: 4-6 grams  
Protein: 2-3 grams



# SORGHUM FLOUR GULAB JAMUN

## INGREDIENTS

- 1 cup sorghum flour
- 1/4 cup milk powder
- 1/4 teaspoon baking soda
- 2 tablespoons ghee (clarified butter)
- 2-3 tablespoons milk (as needed to make the dough)
- Oil or ghee for deep frying

### **For the sugar syrup:**

- 1 cup sugar
- 1 cup water
- 1/2 teaspoon cardamom powder
- A few drops of rose water (optional)



## NUTRITIVE VALUE

(Serving size: 1 Gulab Jamun) based on the recipe provided:

Calories: Approximately 150-180 calories per serving.

Carbohydrates: Around 25-30 grams of carbohydrates, primarily from sorghum flour and sugar.

Protein: Approximately 2-4 grams of protein, mainly from milk powder and sorghum flour.

Fat: The fat content can vary depending on the specific amount of ghee used for frying. It can range from 5-10 grams of fat per serving.

Again, please note that these values are approximate and can vary based on the specific measurements and ingredients used in your recipe.

## INSTRUCTIONS

1. In a mixing bowl, combine the sorghum flour, milk powder, and baking soda. Mix well.
2. Add the ghee to the dry ingredients and mix until the mixture resembles breadcrumbs.
3. Gradually add milk, a tablespoon at a time, and knead to form a soft dough. The dough should be smooth and not sticky. Add more milk if needed.
4. Divide the dough into small portions and shape them into smooth balls. Ensure there are no cracks on the surface.
5. Heat oil or ghee in a deep frying pan over medium heat. Fry the dough balls (Gulab Jamun) in batches until they turn golden brown. Make sure to fry them gently and evenly by rolling them in the oil with a slotted spoon.
6. Once fried, remove the Gulab Jamun from the oil and drain them on a paper towel to remove excess oil.
7. In a separate saucepan, prepare the sugar syrup by combining sugar and water. Bring it to a boil, stirring continuously until the sugar dissolves completely.
8. Reduce the heat and add cardamom powder and rose water (if using) to the sugar syrup. Simmer for a few minutes until the syrup slightly thickens.
9. Add the fried Gulab Jamun to the warm sugar syrup and let them soak for at least 30 minutes to 1 hour, allowing them to absorb the syrup.
10. Once soaked, Gulab Jamun is ready to serve. You can serve them warm or at room temperature. They can be garnished with chopped nuts like almonds or pistachios if desired.

**Note:** Please note that the nutritional content of the Gulab Jamun made with this specific recipe may vary. It's always a good idea to refer to the specific brands and quantities of ingredients used for a more accurate estimation of the nutritive value.

# SORGHUM FLOUR CHOCOLATE COOKIES

## INGREDIENTS

- 1 1/4 cups sorghum flour
- 1/2 cup unsweetened cocoa powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup unsalted butter, softened
- 1 cup granulated sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 cup chocolate chips (optional)



## INSTRUCTIONS

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a medium-sized bowl, whisk together the sorghum flour, cocoa powder, baking soda, and salt. Set aside.
3. In a separate large bowl, cream together the softened butter and sugar until light and fluffy using an electric mixer or a stand mixer.
4. Add the egg and vanilla extract to the butter-sugar mixture and continue to mix until well combined.
5. Gradually add the dry ingredient mixture to the wet ingredients and mix until a thick dough forms. If desired, fold in the chocolate chips at this stage.
6. Take tablespoon-sized portions of dough and roll them into balls. Place the balls onto the prepared baking sheet, leaving space between each cookie.
7. Gently press down on each cookie ball with the back of a spoon or your fingers to flatten them slightly.
8. Bake in the preheated oven for 10-12 minutes, or until the edges are set and the tops are slightly cracked.
9. Remove the baking sheet from the oven and allow the cookies to cool on the sheet for a few minutes. Then transfer them to a wire rack to cool completely.
10. Once cooled, your sorghum flour chocolate cookies are ready to be enjoyed!
11. Feel free to adjust the sweetness or add any additional ingredients according to your taste preferences.

## NUTRITIVE VALUE

Nutritive value per cookie:

Calories:  
Approximately 100-120 calories per cookie.  
Carbohydrates:  
Around 12-15 grams of carbohydrates per cookie.  
Protein:  
Approximately 1-2 grams of protein per cookie.  
Fat: The fat content can vary depending on the specific amount of butter used. It can range from 6-8 grams of fat per cookie.





# Millet Litti Chokha

## INSTRUCTIONS

### **For the Littis:**

1. In a mixing bowl, combine millet flour, chopped onion, chopped coriander leaves, ginger-garlic paste, carom seeds, nigella seeds, red chili powder, turmeric powder, and salt. Mix well.
2. Gradually add water to the flour mixture and knead it into a firm dough.
3. Cover the dough with a damp cloth and let it rest for about 15-20 minutes.
4. Preheat your oven to 180°C (350°F) or prepare a grill or tandoor for baking the litti.
5. Divide the dough into small lemon-sized portions and shape them into round balls.
6. Flatten each ball slightly and place a small portion of the filling (see instructions below for the filling) in the center.
7. Seal the edges and reshape the ball into a smooth litti.
8. Repeat the process with the remaining dough and filling to make more littis.
9. Place the littis on a baking tray or grill and bake them for about 25-30 minutes until they turn golden brown. Alternatively, you can cook them on a tawa or griddle, brushing them with ghee or oil until they are cooked and crispy on both sides.
10. Remove the littis from the oven or griddle and brush them with ghee or oil for added flavor.

### **For the Chokha:**

1. In a mixing bowl, combine mashed potatoes, roasted and mashed brinjals, chopped tomatoes, chopped onion, chopped green chilies, mustard oil, lemon juice, red chili powder, roasted cumin powder, and salt. Mix well.
2. Adjust the seasoning according to your taste preferences.
3. Garnish with fresh coriander leaves.
4. To serve:
5. Serve the hot littis with the chokha on the side.
6. You can also serve it with ghee, yogurt, or pickles for added taste.
7. Enjoy your Millet Litti Chokha, a traditional Bihari delicacy!

## INGREDIENTS

### **For the Littis:**

- 2 cups Ragi flour
- 1/2 cup finely chopped onion
- 1/4 cup finely chopped coriander leaves
- 1 tablespoon ginger-garlic paste
- 1 teaspoon carom seeds (ajwain)
- 1 teaspoon nigella seeds (kalonji)
- 1 teaspoon red chili powder
- 1/2 teaspoon turmeric powder
- Salt to taste
- Water as needed
- Ghee or oil for brushing

### **For the Chokha:**

- 3 medium-sized potatoes, boiled and mashed
- 2 medium-sized brinjals (eggplants), roasted and mashed
- 2 medium-sized tomatoes, finely chopped
- 1 onion, finely chopped
- 2 green chilies, finely chopped
- 2 tablespoons mustard oil
- 1 tablespoon lemon juice
- 1/2 teaspoon red chili powder
- 1/2 teaspoon roasted cumin powder
- Salt to taste
- Fresh coriander leaves, chopped for garnish



# Sorghum Chocolate Brownies

## INGREDIENTS

- 1 cup sorghum flour
- 1/2 cup unsweetened cocoa powder
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup unsalted butter, melted
- 1 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup chocolate chips (optional)

## NUTRITIONAL VALUE

Per Serving :

- Calories: 150-200
- Total Fat: 7-10 grams
- Saturated Fat: 3-5 grams
- Cholesterol: 20-30 milligrams
- Sodium: 100-150 milligrams
- Total Carbohydrates: 20-25 grams
- Dietary Fiber: 2-4 grams
- Sugars: 12-16 grams
- Protein: 2-4 grams



## INSTRUCTIONS

1. Preheat your oven to 350°F (175°C) and grease or line a baking dish with parchment paper.
2. In a medium-sized bowl, whisk together the sorghum flour, cocoa powder, baking powder, and salt. Set aside.
3. In a separate large bowl, mix together the melted butter and sugar until well combined.
4. Add the eggs one at a time, mixing well after each addition. Stir in the vanilla extract.
5. Gradually add the dry ingredients to the wet ingredients, mixing until just combined. Be careful not to overmix.
6. If desired, fold in the chocolate chips.
7. Pour the brownie batter into the prepared baking dish, spreading it evenly.
8. Bake in the preheated oven for 20-25 minutes or until a toothpick inserted into the center comes out with a few moist crumbs.
9. Remove the brownies from the oven and allow them to cool in the baking dish for a few minutes before transferring them to a wire rack to cool completely.
10. Once cooled, cut into squares and serve.
11. Feel free to adjust the sweetness or add any additional ingredients, such as nuts or additional chocolate chips, according to your preference. Enjoy your Sorghum Chocolate Brownies!
12. Please note that the nutritional value can vary based on the specific measurements and ingredients used in your recipe.



# SORGHUM MYSORE PAK

## INGREDIENTS

- 1 cup sorghum flour (jowar atta)
- 1 cup ghee (clarified butter)
- 1 cup sugar
- 1/2 cup water
- 1/4 teaspoon cardamom powder
- A pinch of saffron strands (optional)
- Chopped nuts for garnish (optional)



## NUTRITIONAL VALUE

- Calories: 100-120
- Total Fat: 8-10 grams
- Saturated Fat: 5-7 grams
- Cholesterol: 20-30 milligrams
- Sodium: 0-5 milligrams
- Total Carbohydrates: 6-8 grams
- Dietary Fiber: 0-1 gram
- Sugars: 5-7 grams
- Protein: 1-2 grams

## INSTRUCTIONS

1. Grease a square or rectangular pan with ghee and set it aside.
2. In a heavy-bottomed pan, heat the ghee on medium heat until it melts.
3. Add the sorghum flour to the pan and roast it in the ghee on low heat for about 8-10 minutes until it turns slightly golden and releases a nutty aroma. Stir continuously to prevent burning.
4. In a separate saucepan, combine the sugar and water. Heat it over medium heat until the sugar dissolves completely, stirring occasionally.
5. Once the sugar syrup comes to a boil, reduce the heat to low and let it simmer for a few minutes until it reaches a one-string consistency. To test the consistency, take a small amount of syrup between your thumb and index finger and gently pull them apart. It should form a thin string.
6. Gradually pour the hot sugar syrup into the roasted sorghum flour mixture while stirring continuously to avoid lumps.
7. Cook the mixture on low heat, stirring continuously, until it thickens and starts leaving the sides of the pan. It should resemble a thick, smooth batter.
8. Add the cardamom powder and saffron strands (if using) and mix well.
9. Immediately pour the mixture into the greased pan and spread it evenly using a spatula. You can also tap the pan gently to level the surface.
10. Allow the Mysore Pak to cool for about 15-20 minutes until it sets partially.
11. While it is still warm, cut it into desired shapes or squares. If desired, garnish with chopped nuts like almonds or cashews.
12. Let the Sorghum Mysore Pak cool completely before removing it from the pan.
13. Serve and enjoy the delicious Sorghum Mysore Pak as a sweet treat!

**Note:** Mysore Pak can be quite rich and sweet. Adjust the sugar quantity according to your preference. Also, the cooking time may vary slightly, so keep an eye on the mixture as it thickens. Enjoy your homemade Sorghum Mysore Pak!

# PEARL MILLET RUSK



## INGREDIENTS

- 2 cups pearl millet flour (bajra atta)
- 1/2 cup all-purpose flour (maida)
- 1/2 cup powdered sugar
- 1/4 cup ghee (clarified butter)
- 1/2 teaspoon baking powder
- 1/2 teaspoon cardamom powder
- 1/4 cup milk (approximately)
- A pinch of salt

## NUTRITIONAL VALUE

- Nutritional Value Per Serving (2-3 Rusks):
- Calories: 100-120
- Total Fat: 4-6 grams
- Saturated Fat: 2-3 grams
- Cholesterol: 5-10 milligrams
- Sodium: 30-50 milligrams
- Total Carbohydrates: 15-18 grams
- Dietary Fiber: 1-2 grams
- Sugars: 5-8 grams
- Protein: 2-3 grams

## INSTRUCTIONS

1. Preheat your oven to 180°C (350°F) and line a baking tray with parchment paper.
2. In a mixing bowl, combine the pearl millet flour, all-purpose flour, powdered sugar, baking powder, cardamom powder, and salt.
3. Add ghee to the dry ingredients and mix well until the mixture resembles coarse crumbs.
4. Slowly add milk, a little at a time, and knead the mixture into a smooth dough. The dough should be firm and not too sticky.
5. Divide the dough into two equal parts and shape each portion into a cylindrical log.
6. Place the logs on the prepared baking tray and flatten them slightly.
7. Bake in the preheated oven for about 25-30 minutes until the rusks turn golden brown and firm to the touch.
8. Remove the tray from the oven and let the rusks cool for a few minutes.
9. Reduce the oven temperature to 150°C (300°F).
10. Once the rusks are cool enough to handle, slice them into thin pieces using a sharp knife.
11. Place the sliced rusks back on the baking tray and bake them again at the reduced temperature for about 15-20 minutes, flipping them halfway through.
12. Keep a close eye on the rusks while baking to prevent them from burning. They should become crisp and dry.
13. Once the rusks are golden brown and crispy, remove them from the oven and let them cool completely.
14. Store the Pearl Millet Rusks in an airtight container.
15. Enjoy your homemade Pearl Millet Rusks as a healthy and crunchy snack with tea or coffee!

**Note:** You can adjust the sweetness by increasing or decreasing the amount of powdered sugar according to your preference.



## Foxtail Millet Salad

### INGREDIENTS

1 cup foxtail millet  
2 cups water  
1 small eggplant, diced  
1 small zucchini, diced  
1 red bell pepper, diced  
1 yellow bell pepper, diced  
1 small red onion, thinly sliced  
1 tablespoon olive oil  
1 teaspoon smoked paprika  
1/2 teaspoon cumin powder  
Salt and pepper to taste  
Juice of 1 lemon  
2 tablespoons chopped fresh parsley  
2 tablespoons chopped fresh mint  
1/4 cup crumbled feta cheese (optional)



### NUTRITIONAL VALUE

Nutritional Value Per Serving (1 serving, approximately 1 cup):  
Calories: 200-250  
Total Fat: 8-10 grams  
Saturated Fat: 2-3 grams  
Cholesterol: 5-10 milligrams  
Sodium: 100-200 milligrams  
Total Carbohydrates: 30-35 grams  
Dietary Fiber: 4-6 grams  
Sugars: 6-8 grams  
Protein: 5-7 grams

### INSTRUCTIONS

1. Preheat your oven to 200°C (400°F).
2. Rinse the foxtail millet under running water and drain well.
3. In a saucepan, bring the water to a boil. Add the foxtail millet and reduce the heat to low. Cover and simmer for about 15-20 minutes or until the millet is cooked and the water is absorbed. Remove from heat and let it cool.
4. In a bowl, toss the diced eggplant, zucchini, red bell pepper, yellow bell pepper, and red onion with olive oil, smoked paprika, cumin powder, salt, and pepper.
5. Spread the vegetables on a baking sheet and roast in the preheated oven for about 20-25 minutes or until they are tender and slightly caramelized. Stir the vegetables halfway through cooking for even roasting.
6. In a large bowl, combine the cooked foxtail millet, roasted vegetables, lemon juice, chopped parsley, and chopped mint. Mix well.
7. Taste and adjust the seasoning if needed.
8. Sprinkle crumbled feta cheese (optional) over the salad.
9. Serve the Foxtail Millet Salad with Roasted Vegetables at room temperature or chilled.

This salad is packed with wholesome ingredients and provides a combination of flavors and textures. It's a great way to incorporate foxtail millet into your diet while enjoying a delicious and nutritious salad. Feel free to customize the vegetables and seasoning according to your preference. Enjoy!

## FINGER MILLET BOUNTY BARS

### INGREDIENTS

1 cup finger millet flour (ragi flour)  
1/2 cup desiccated coconut  
1/4 cup coconut milk  
3 tablespoons maple syrup or honey  
2 tablespoons coconut oil  
1/2 teaspoon vanilla extract  
A pinch of salt  
200 grams dark chocolate, melted

### NUTRITIONAL VALUE

Nutritional Value Per Serving (1 bar, approximately):  
Calories: 150-180  
Total Fat: 10-12 grams  
Saturated Fat: 8-10 grams  
Cholesterol: 0 milligrams  
Sodium: 5-10 milligrams  
Total Carbohydrates: 15-20 grams  
Dietary Fiber: 2-4 grams  
Sugars: 8-10 grams  
Protein: 2-3 grams

### INSTRUCTIONS

1. In a mixing bowl, combine the finger millet flour, desiccated coconut, coconut milk, maple syrup or honey, coconut oil, vanilla extract, and salt. Mix well until all the ingredients are thoroughly combined.
2. The mixture should hold together when pressed. If it seems dry, add a little more coconut milk or coconut oil to achieve the desired consistency.
3. Take small portions of the mixture and shape them into rectangular bars, similar to the shape of Bounty bars. Place the bars on a baking sheet lined with parchment paper.
4. Place the shaped bars in the refrigerator for about 30 minutes to firm up.
5. In the meantime, melt the dark chocolate in a heatproof bowl over a pot of simmering water or in the microwave, stirring occasionally until smooth and melted.
6. Remove the shaped bars from the refrigerator. Dip each bar into the melted chocolate, ensuring it is completely coated. Use a fork to remove the bar from the chocolate, allowing any excess chocolate to drip off.
7. Place the chocolate-coated bars back on the parchment-lined baking sheet.
8. Once all the bars are coated, return the baking sheet to the refrigerator and let the chocolate set for about 1 hour or until firm.
9. Once the chocolate is firm, the Finger Millet Bounty Bars are ready to be enjoyed. Store them in an airtight container in the refrigerator.
10. These homemade Finger Millet Bounty Bars are a healthier alternative to store-bought candy bars, as they are made with natural ingredients and contain the nutritious finger millet flour. They make for a delicious treat with a delightful combination of chocolate and coconut flavors.

**Note:** You can adjust the sweetness level by adding more or less maple syrup or honey according to your preference. You can also use milk or white chocolate instead of dark chocolate if desired.





# Barnyard Millet Rabdi

## INGREDIENTS

- 1/2 cup barnyard millet (kuthiraivali)
- 4 cups milk
- 1/2 cup sugar (adjust to taste)
- 1/2 teaspoon cardamom powder
- A few strands of saffron (optional)
- Chopped nuts (almonds, pistachios, cashews) for garnish

## INSTRUCTIONS

1. Rinse the barnyard millet under running water and soak it in enough water for about 30 minutes. Drain the water and set it aside.
2. In a heavy-bottomed pan, bring the milk to a boil over medium heat.
3. Add the soaked barnyard millet to the boiling milk and stir well.
4. Reduce the heat to low and simmer, stirring occasionally, until the millet is cooked and the milk thickens to a rabdi-like consistency. This process may take about 30-40 minutes.
5. Add the sugar, cardamom powder, and saffron strands (if using). Mix well and continue simmering for another 5 minutes to allow the flavors to meld.
6. Remove the pan from heat and let the rabdi cool to room temperature.
7. Once cooled, transfer the rabdi to a serving dish or individual bowls. Garnish with chopped nuts.
8. Refrigerate the Barnyard Millet Rabdi for a few hours or until chilled.
9. Serve cold as a delightful dessert.
10. Enjoy the Barnyard Millet Rabdi as a healthy and delicious sweet treat, rich in the goodness of barnyard millet and milk.

**Note:** You can adjust the sweetness by increasing or decreasing the amount of sugar according to your preference. You can also add a pinch of nutmeg powder or a few drops of rose water for added flavor if desired.

## NUTRITIONAL VALUE

Nutritional Value Per Serving (1 serving, approximately 1/2 cup):

- Calories: 150-200
- Total Fat: 4-6 grams
- Saturated Fat: 2-3 grams
- Cholesterol: 10-15 milligrams
- Sodium: 60-80 milligrams
- Total Carbohydrates: 25-30 grams
- Dietary Fiber: 1-2 grams
- Sugars: 15-20 grams
- Protein: 4-5 grams



# Barnyard Millet Milk Cake (Kalakand)

## INGREDIENTS

- 1 cup barnyard millet (kuthiraivali)
- 4 cups milk
- 1/2 cup condensed milk
- 1/4 cup sugar (adjust to taste)
- 1/4 teaspoon cardamom powder
- A few saffron strands (optional)
- Chopped nuts (almonds, pistachios) for garnish



## INSTRUCTIONS

1. Rinse the barnyard millet under running water and soak it in enough water for about 30 minutes. Drain the water and set it aside.
2. In a heavy-bottomed pan, bring the milk to a boil over medium heat.
3. Add the soaked barnyard millet to the boiling milk and stir well.
4. Reduce the heat to low and simmer, stirring occasionally, until the millet is cooked and the milk thickens to a khoya-like consistency. This process may take about 1-1.5 hours.
5. Add the condensed milk, sugar, cardamom powder, and saffron strands (if using). Mix well and continue simmering for another 10-15 minutes to allow the flavors to meld.
6. Remove the pan from heat and let the mixture cool for a few minutes.
7. Grease a plate or a shallow dish with ghee or butter.
8. Transfer the mixture to the greased plate and spread it evenly. Smooth the top using a spatula.
9. Garnish the top with chopped nuts and lightly press them into the mixture.
10. Let the Barnyard Millet Milk Cake cool completely and then refrigerate it for a few hours or until firm.
11. Once chilled and set, cut the milk cake into desired shapes, such as squares or diamonds.
12. Serve the Barnyard Millet Milk Cake (Kalakand) as a delightful sweet treat.
13. Enjoy the Barnyard Millet Milk Cake, a healthier version of the traditional Kalakand, made with barnyard millet and milk.

**Note:** You can adjust the sweetness by increasing or decreasing the amount of sugar or condensed milk according to your preference. You can also add a pinch of nutmeg powder or a few drops of rose water for added flavor if desired.

## NUTRITIONAL VALUE

- Nutritional Value Per Serving (1 serving, approximately 1 small piece):
- Calories: 150-200
  - Total Fat: 5-7 grams
  - Saturated Fat: 3-4 grams
  - Cholesterol: 15-20 milligrams
  - Sodium: 60-80 milligrams
  - Total Carbohydrates: 25-30 grams
  - Dietary Fiber: 1-2 grams
  - Sugars: 15-20 grams
  - Protein: 5-6 grams



# Proso (Chena)Millet Manchurian

## INGREDIENTS

### **For Proso Millet Balls:**

- 1 cup cooked proso millet
- 1/4 cup finely chopped onions
- 1/4 cup finely chopped bell peppers (capsicum)
- 2 tablespoons finely chopped cabbage
- 1 tablespoon finely chopped carrots
- 1 tablespoon finely chopped green onions (scallions)
- 2 teaspoons ginger-garlic paste
- 2 tablespoons all-purpose flour
- 2 tablespoons cornstarch
- Salt to taste
- Oil for frying

### **For Manchurian Sauce:**

- 1 tablespoon oil
- 2 teaspoons finely chopped garlic
- 2 teaspoons finely chopped ginger
- 1/4 cup finely chopped onions
- 1/4 cup finely chopped bell peppers (capsicum)
- 2 tablespoons tomato ketchup
- 1 tablespoon soy sauce
- 1 tablespoon chili sauce
- 1 teaspoon vinegar
- 1/2 teaspoon sugar
- Salt to taste
- 1/4 cup water
- 1 tablespoon cornstarch mixed with 2 tablespoons water

### **For Garnish:**

- Chopped green onions (scallions)
- Toasted sesame seeds

## INSTRUCTIONS

1. In a large mixing bowl, combine the cooked proso millet, chopped onions, bell peppers, cabbage, carrots, green onions, ginger-garlic paste, all-purpose flour, cornstarch, and salt. Mix well until the mixture holds together.
2. Shape the mixture into small balls or desired shapes.
3. Heat oil in a deep pan or skillet over medium heat. Once the oil is hot, carefully add the millet balls in batches and fry until golden brown and crispy. Remove them from the oil and place them on a paper towel-lined plate to drain excess oil. Set aside.
4. In a separate pan, heat 1 tablespoon of oil over medium heat. Add the finely chopped garlic and ginger, and sauté for a minute until fragrant.
5. Add the chopped onions and bell peppers to the pan and stir-fry for a few minutes until they become slightly soft.
6. Add the tomato ketchup, soy sauce, chili sauce, vinegar, sugar, salt, and water. Mix well and let the sauce come to a simmer.
7. In a small bowl, mix the cornstarch with water to make a slurry. Add the cornstarch slurry to the pan and stir continuously until the sauce thickens and becomes glossy.
8. Add the fried proso millet balls to the pan and toss them gently until they are well coated with the sauce.
9. Cook for an additional 1-2 minutes, allowing the flavors to blend.
10. Remove from heat and garnish with chopped green onions and toasted sesame seeds.
11. Serve the Proso Millet Manchurian hot as an appetizer or as a main course with steamed rice or noodles.
12. Enjoy the Proso Millet Manchurian, a flavorful and wholesome dish that incorporates the goodness of proso millet and a delicious blend of Asian-inspired flavors.

**Note:** You can adjust the spiciness of the sauce by adding more or less chili sauce according to your taste preference. You can also add additional vegetables like mushrooms, snow peas, or baby corn to enhance the dish.

## NUTRITIONAL VALUE

Nutritional Value Per Serving (1 serving, approximately):  
Calories: 250-300  
Total Fat: 10-12 grams  
Saturated Fat: 1-2 grams  
Cholesterol: 0 milligrams  
Sodium: 600-800 milligrams  
Total Carbohydrates: 35-40 grams  
Dietary Fiber: 3-4 grams  
Sugars: 6-8 grams  
Protein: 5-7 grams



# Proso (Chena)Millet Cheese Balls



## INGREDIENTS

- 1 cup cooked proso (Chena) millet
- 1 cup grated cheese (cheddar or mozzarella)
- 1/4 cup finely chopped onions
- 1/4 cup finely chopped bell peppers (capsicum)
- 2 tablespoons chopped fresh cilantro (coriander)
- 1 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- Salt and pepper to taste
- Breadcrumbs for coating
- Oil for frying

## NUTRITIONAL VALUE

Nutritional Value Per Serving (4-6 cheese balls, approximately):  
Calories: 200-250  
Total Fat: 10-12 grams  
Saturated Fat: 6-8 grams  
Cholesterol: 25-30 milligrams  
Sodium: 300-400 milligrams  
Total Carbohydrates: 20-25 grams  
Dietary Fiber: 2-3 grams  
Sugars: 1-2 grams  
Protein: 8-10 grams

## INSTRUCTIONS

1. In a large mixing bowl, combine the cooked proso millet, grated cheese, chopped onions, bell peppers, cilantro, garlic powder, dried oregano, salt, and pepper. Mix well until all the ingredients are evenly incorporated.
2. Take small portions of the mixture and shape them into small balls. If the mixture is too sticky to handle, you can wet your hands with a little water or oil.
3. Roll each cheese ball in breadcrumbs, ensuring they are coated evenly. This will give the balls a crispy texture when fried.
4. Heat oil in a deep pan or skillet over medium heat.
5. Once the oil is hot, carefully add the cheese balls in batches, without overcrowding the pan. Fry them until golden brown and crispy on all sides. This should take about 3-4 minutes per batch.
6. Remove the fried cheese balls from the pan using a slotted spoon and place them on a paper towel-lined plate to absorb any excess oil.
7. Repeat the frying process with the remaining cheese balls.
8. Serve the Proso Millet Cheese Balls hot as a delicious appetizer or snack.
9. These Proso Millet Cheese Balls are a flavorful and nutritious alternative to traditional cheese balls. The use of proso millet adds a healthy twist by providing fiber and nutrients, while the cheese adds a delicious creamy texture.

**Note:** You can customize the recipe by adding other vegetables, herbs, or spices according to your preference. You can also bake the cheese balls in a preheated oven at 180°C (350°F) for about 15-20 minutes until they turn golden brown, instead of frying them if desired.



# Proso Millet Samosa

## INSTRUCTIONS

1. In a mixing bowl, combine the all-purpose flour and proso millet flour and salt. Add ghee or oil and mix well until the mixture resembles breadcrumbs.
2. Gradually add water, a little at a time, and knead the dough until it becomes smooth and pliable. Cover the dough and set it aside to rest for about 30 minutes.
3. In a large pan, heat some oil over medium heat. Add cumin seeds and let them splutter.
4. Add the chopped onions and sauté until they become translucent.
5. Add the ginger-garlic paste and sauté for another minute until fragrant.
6. Add the chopped carrots and green peas. Cook for a few minutes until the vegetables become tender.
7. Add the cooked proso millet, mashed potatoes, coriander powder, turmeric powder, red chili powder, and salt. Mix well to combine all the ingredients. Cook for a couple of minutes to allow the flavors to meld. Remove from heat and let the filling cool.
8. Divide the rested dough into small portions and roll each portion into a thin circle.
9. Cut each circle in half. Take one half and fold it into a cone shape, overlapping the edges and sealing them with water to form a cone.
10. Fill the cone with the prepared filling, leaving a small space at the top. Moisten the edges with water and press them together to seal the samosa.
11. Repeat the process with the remaining dough and filling.
12. Heat oil in a deep pan or skillet over medium heat. Once the oil is hot, carefully add the samosas in batches and fry them until golden brown and crispy. Remove them from the oil and place them on a paper towel-lined plate to drain excess oil.
13. Serve the Proso Millet Samosas hot with your favorite chutney or sauce.
14. Enjoy the Proso Millet Samosas, a delicious and savory snack filled with the goodness of proso millet and vegetables.

**Note:** You can customize the filling by adding spices, herbs, or additional vegetables according to your preference. Baking the samosas in a preheated oven at 180°C (350°F) for about 20-25 minutes can be a healthier alternative to frying, if desired.



## INGREDIENTS

### **For the dough:**

- 1 cup proso millet flour
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 cup ghee or oil
- Water (as needed)

### **For the filling:**

- 1 cup cooked proso millet
- 1/2 cup boiled and mashed potatoes
- 1/4 cup finely chopped onions
- 1/4 cup finely chopped carrots
- 1/4 cup finely chopped green peas
- 2 teaspoons ginger-garlic paste
- 1 teaspoon cumin seeds
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon red chili powder (adjust to taste)
- Salt to taste
- Oil for frying

## NUTRITIONAL VALUE

Nutritional Value Per Serving (1 samosa, approximately):

- Calories: 200-250
- Total Fat: 10-12 grams
- Saturated Fat: 2-3 grams
- Cholesterol: 0-5 milligrams
- Sodium: 200-300 milligrams
- Total Carbohydrates: 25-30 grams
- Dietary Fiber: 2-4 grams
- Sugars: 2-4 grams
- Protein: 4-6 grams

# Foxtail Millet Mango Rice

## INGREDIENTS

- 1 cup foxtail millet
- 2 cups water
- 1 ripe mango, peeled and diced
- 1 small onion, finely chopped
- 1 green chili, finely chopped (optional)
- 1/4 cup chopped cilantro (coriander leaves)
- 1/4 cup grated coconut (optional)
- 1 tablespoon oil
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon turmeric powder
- A pinch of asafoetida (hing)
- Salt to taste

## INSTRUCTIONS

1. Rinse the foxtail millet thoroughly under running water and soak it in water for about 15 minutes. Drain the water and set aside.
2. In a saucepan, add 2 cups of water and bring it to a boil. Add the soaked and drained foxtail millet to the boiling water. Reduce the heat to low, cover the saucepan, and cook the millet for about 15-20 minutes or until it becomes tender and cooked. Once cooked, fluff the millet with a fork and let it cool.
3. In a separate pan, heat oil over medium heat. Add the mustard seeds and cumin seeds. Let them splutter.
4. Add the chopped onions and green chili (if using) to the pan and sauté until the onions become translucent.
5. Add the turmeric powder and asafoetida to the pan and mix well.
6. Add the diced mango to the pan and sauté for a few minutes until the mango softens slightly.
7. Add the cooked and cooled foxtail millet to the pan and mix well, ensuring the mango and spices are evenly distributed. Cook for another 2-3 minutes to allow the flavors to blend.
8. Remove from heat and garnish with chopped cilantro and grated coconut (if using).
9. Serve the Foxtail Millet Mango Rice warm or at room temperature as a delicious and nutritious meal.
10. Foxtail Millet Mango Rice is a flavorful and healthy dish that combines the goodness of foxtail millet with the sweetness of mango. It can be enjoyed as a main course or as a side dish.

**Note:** You can adjust the spiciness of the dish by adding more or less green chili according to your taste preference. Additionally, you can add roasted peanuts or cashews for extra crunch and flavor if desired.

## NUTRITIONAL VALUE

Nutritional Value Per Serving (1 serving, approximately):

- Calories: 200-250
- Total Fat: 4-6 grams
- Saturated Fat: 1-2 grams
- Cholesterol: 0 milligrams
- Sodium: 200-300 milligrams
- Total Carbohydrates: 35-40 grams
- Dietary Fiber: 4-6 grams
- Sugars: 8-10 grams
- Protein: 4-6 grams



# Foxtail Millet Coconut

## Rice

### INGREDIENTS

1 cup foxtail millet  
2 cups water  
1 cup grated coconut  
1 small onion, finely chopped  
2-3 green chilies, slit  
1/2 teaspoon mustard seeds  
1/2 teaspoon cumin seeds  
1/2 teaspoon urad dal (split black gram)  
1/2 teaspoon chana dal (split chickpeas)  
A pinch of asafoetida (hing)  
1 sprig curry leaves  
2 tablespoons oil or ghee  
Salt to taste



### NUTRITIONAL VALUE

Nutritional Value Per  
Serving (1 serving,  
approximately):

Calories: 250-300  
Total Fat: 10-12 grams  
Saturated Fat: 5-6 grams  
Cholesterol: 0 milligrams  
Sodium: 200-300 milligrams  
Total Carbohydrates: 35-40  
grams  
Dietary Fiber: 3-4 grams  
Sugars: 2-4 grams  
Protein: 4-6 grams

### INSTRUCTIONS

1. Rinse the foxtail millet thoroughly under running water and soak it in water for about 15 minutes. Drain the water and set aside.
2. In a saucepan, add 2 cups of water and bring it to a boil. Add the soaked and drained foxtail millet to the boiling water. Reduce the heat to low, cover the saucepan, and cook the millet for about 15-20 minutes or until it becomes tender and cooked. Once cooked, fluff the millet with a fork and let it cool.
3. Heat oil or ghee in a pan over medium heat. Add the mustard seeds and let them splutter. Add the cumin seeds, urad dal, and chana dal. Sauté until the dals turn golden brown.
4. Add the chopped onions, slit green chilies, curry leaves, and asafoetida to the pan. Sauté until the onions become translucent.
5. Add the grated coconut to the pan and sauté for a few minutes until it turns slightly golden and releases its aroma.
6. Add the cooked foxtail millet to the pan and mix well with the coconut mixture. Season with salt and stir until everything is well combined.
7. Cook for another 2-3 minutes, allowing the flavors to meld together. Remove from heat.
8. Serve the Foxtail Millet Coconut Rice hot as a delicious and healthy main course or as a side dish with raita or yogurt.
9. Foxtail Millet Coconut Rice is a flavorful and nutritious dish that combines the goodness of foxtail millet and the natural sweetness of coconut. It can be enjoyed as a wholesome meal on its own or paired with your favorite accompaniments.

**Note:** You can adjust the spiciness of the dish by adding more or fewer green chilies according to your taste preference. Additionally, you can add roasted cashews or peanuts for extra crunch and flavor if desired.

# Jowar Ambali

### INGREDIENTS

1 cup sorghum (jowar) flour  
4 cups water  
1 tablespoon yogurt (optional)  
Salt to taste  
Freshly grated coconut for garnish (optional)  
Fresh coriander leaves for garnish (optional)



### NUTRITIONAL VALUE

Nutritional Value Per Serving  
(1 cup, approximately):  
Calories: 100-120  
Total Fat: 1-2 grams  
Saturated Fat: 0-1 gram  
Cholesterol: 0 milligrams  
Sodium: 100-200 milligrams  
Total Carbohydrates: 20-25  
grams  
Dietary Fiber: 2-4 grams  
Sugars: 0-1 grams  
Protein: 3-4 grams

### INSTRUCTIONS

1. In a bowl, take the sorghum flour and gradually add water to it. Mix well to make a smooth, lump-free paste. Set it aside for 15-20 minutes.
2. In a saucepan, bring 4 cups of water to a boil.
3. Slowly pour the sorghum flour mixture into the boiling water while continuously stirring to prevent lumps from forming.
4. Reduce the heat to low and let the mixture simmer for about 15-20 minutes, stirring occasionally. The mixture will thicken and turn into a porridge-like consistency.
5. Add salt to taste and mix well.
6. Remove the pan from heat and let the Sorghum Ambali cool down to room temperature.
7. If desired, you can add a tablespoon of yogurt to the Ambali and mix well. This step is optional but adds a tangy flavor.
8. Garnish the Sorghum Ambali with freshly grated coconut and chopped coriander leaves.
9. Serve the Sorghum Ambali chilled or at room temperature.
10. Sorghum Ambali is a nutritious drink that is rich in dietary fiber, vitamins, and minerals. It is known for its cooling properties and is often consumed to beat the summer heat. Enjoy it as a healthy beverage on its own or alongside a meal.

**Note:** You can adjust the consistency of the Ambali by adding more or less water according to your preference. Some variations of this recipe include adding buttermilk or lemon juice for additional flavor. Feel free to experiment and tailor the recipe to your taste.



## Foxtail Millet Bisebelle baat

### NUTRITIONAL VALUE

Nutritional Value Per Serving (1 cup, approximately):

Calories: 250-300  
Total Fat: 6-8 grams  
Saturated Fat: 2-3 grams  
Cholesterol: 0 milligrams  
Sodium: 200-300 milligrams  
Total Carbohydrates: 45-50 grams  
Dietary Fiber: 5-7 grams  
Sugars: 4-6 grams  
Protein: 8-10 grams

### INSTRUCTIONS

1. Rinse the foxtail millet thoroughly and soak it in water for 30 minutes. Drain and set aside.
2. Rinse the toor dal (split pigeon peas) and cook it with water and turmeric powder in a pressure cooker until soft and mushy. Set aside.
3. In a small bowl, soak the tamarind pulp in warm water for 10 minutes. Extract the tamarind juice and discard the pulp.
4. In a blender or mixer, grind the grated coconut, bisebelle baat masala powder, tamarind juice, and jaggery (if using) to a smooth paste. Set aside.
5. In a large pot, bring 2 cups of water to a boil. Add the soaked and drained foxtail millet to the boiling water. Cover and cook on low heat until the millet is cooked and tender, approximately 15-20 minutes. Set aside.
6. In a separate pan, heat ghee and add mustard seeds. Once they start spluttering, add cumin seeds, asafoetida, curry leaves, dried red chilies, cashews, and peanuts (if using). Sauté until the cashews turn golden brown.
7. Add the cooked toor dal (pigeon peas) to the pan and mix well. Then add the ground bisebelle baat paste and mix until well combined.
8. Add salt to taste and simmer the mixture for 5-10 minutes on low heat, allowing the flavors to meld together.
9. Add the cooked foxtail millet to the lentil mixture and mix gently until well combined. Cook for an additional 2-3 minutes.
10. Remove from heat

### INGREDIENTS

#### **For the Foxtail Millet:**

1 cup foxtail millet  
2 cups water

#### **For the Lentil Mixture:**

1/2 cup toor dal (split pigeon peas)  
2 cups water  
1/2 teaspoon turmeric powder

#### **For the Bisebelle Baat Paste:**

2 tablespoons tamarind pulp  
2 tablespoons grated coconut  
2 tablespoons bisebelle baat masala powder  
1 tablespoon jaggery (optional)  
Salt to taste

#### **For the Tempering:**

2 tablespoons ghee (clarified butter)  
1 teaspoon mustard seeds  
1 teaspoon cumin seeds  
A pinch of asafoetida (hing)  
Curry leaves  
2-3 dried red chilies  
Cashews and peanuts (optional)

#### **For Garnish:**

Chopped coriander leaves  
Grated coconut



## Kodo Millet Methi Rice

### INGREDIENTS

1 cup Kodo millet  
1 cup fresh methi (fenugreek) leaves, chopped  
1 onion, finely chopped  
2 tomatoes, finely chopped  
2 green chilies, slit  
1 teaspoon ginger-garlic paste  
1 teaspoon cumin seeds  
1/2 teaspoon turmeric powder  
1/2 teaspoon red chili powder  
1/2 teaspoon garam masala  
Salt to taste  
2 tablespoons oil or ghee  
Fresh coriander leaves, chopped (for garnishing)

### INSTRUCTIONS

1. Wash the kodo millet thoroughly and soak it in water for about 30 minutes. Drain the water and set aside.
2. Heat oil or ghee in a pressure cooker or a deep pan. Add cumin seeds and let them splutter.
3. Add chopped onions and sauté until they turn golden brown.
4. Add the ginger-garlic paste and green chilies. Sauté for a minute until the raw smell disappears.
5. Add the chopped tomatoes and cook until they become soft and mushy.
6. Add turmeric powder, red chili powder, and garam masala. Mix well.
7. Add the chopped methi leaves and sauté for a couple of minutes until they wilt.
8. Now, add the soaked and drained kodo millet to the mixture. Stir well to combine.
9. Add salt to taste and mix everything together.
10. If using a pressure cooker, add 2 cups of water. Close the lid and cook for 2-3 whistles or until the millets are cooked and soft. If using a regular pan, add about 3 cups of water, cover with a lid, and cook on medium-low heat until the millets are cooked.
11. Once cooked, remove from heat and let it sit for a few minutes. Fluff the rice gently with a fork.
12. Garnish with fresh coriander leaves and serve hot.
13. Kodo Millet Methi Rice is a healthy and flavorful dish that can be enjoyed on its own or with a side of raita or yogurt.

### NUTRITIONAL VALUE

-  
Nutritional Value Per Serving (1 cup, approximately):

Calories: Approximately 180-220 calories  
Carbohydrates: Around 35-45 grams  
Protein: About 5-8 grams  
Fat: Around 2-5 grams  
Fiber: Approximately 3-5 grams





# Sorghum kulfi

## INGREDIENTS

4 cups whole milk  
1/2 cup sorghum flour  
1/2 cup sugar (adjust to taste)  
1/4 cup chopped nuts (such as almonds, pistachios, or cashews)  
1/2 teaspoon cardamom powder  
Saffron strands (optional)  
Kulfi molds or popsicle molds



## INSTRUCTIONS

1. In a heavy-bottomed saucepan, heat the milk over medium heat until it comes to a gentle boil. Stir occasionally to prevent the milk from scorching.
2. In a separate bowl, mix the sorghum flour with a little water to make a smooth paste, ensuring there are no lumps.
3. Once the milk comes to a boil, lower the heat to medium-low and gradually add the sorghum flour paste to the milk, stirring continuously. Make sure there are no lumps.
4. Add the sugar to the mixture and continue to stir until the sugar dissolves completely. Simmer the mixture for about 15-20 minutes, stirring occasionally, until it thickens to a custard-like consistency.
5. Add the chopped nuts, cardamom powder, and saffron strands (if using). Stir well to combine all the ingredients evenly.
6. Remove the mixture from heat and let it cool to room temperature.
7. Once the mixture has cooled down, pour it into kulfi molds or popsicle molds. If you don't have molds, you can use small, disposable cups.
8. Cover the molds with foil or popsicle sticks and place them in the freezer. Allow the kulfi to freeze for at least 6-8 hours, or preferably overnight.
9. To serve, remove the molds from the freezer and let them sit at room temperature for a few minutes. This will make it easier to unmold the kulfi.
10. Gently remove the kulfi from the molds by running them under warm water or by lightly tapping on the molds. Serve the sorghum kulfi immediately and enjoy!

**Note:** You can customize this recipe by adding flavors such as rose water, crushed cardamom pods, or chopped fruits like mango or strawberries. Feel free to experiment and adjust the ingredients to your taste preferences.

## NUTRITIONAL VALUE

Nutritional Value Per Serving (1 cup, approximately):

Calories: Approximately 150-200 calories per serving (1 kulfi)  
Carbohydrates: Around 20-30 grams  
Protein: Approximately 4-6 grams  
Fat: Around 6-8 grams  
Fiber: Approximately 1-2 grams  
Sugar: Varies depending on the amount of sugar used in the recipe



# Ragi Garlic Bread

## INGREDIENTS

**For the dough:**  
2 cups finger millet flour (ragi flour)  
1 cup all-purpose flour  
1 teaspoon instant yeast  
1 teaspoon sugar  
1 teaspoon salt  
2 tablespoons olive oil  
Warm water (as needed)

**For the garlic filling:**  
4 cloves of garlic, minced  
2 tablespoons butter, melted  
2 tablespoons fresh parsley, chopped  
Salt, to taste  
Pepper, to taste

**For the topping:**  
2 tablespoons butter, melted  
1 tablespoon grated Parmesan cheese  
1 tablespoon fresh parsley, chopped

## NUTRITIVE VALUE

Nutritive value per serving:

Calories: Approximately 250-300 calories per serving  
Carbohydrates: Around 35-40 grams  
Protein: Approximately 5-8 grams  
Fat: Around 10-12 grams  
Fiber: Approximately 3-5 grams  
Sugar: Varies depending on the ingredients used

## INSTRUCTIONS

1. In a mixing bowl, combine the finger millet flour, all-purpose flour, instant yeast, sugar, and salt. Mix well.
2. Add olive oil to the flour mixture and mix again. Gradually add warm water while kneading the dough until it becomes smooth and elastic. The amount of water needed may vary, so add it gradually.
3. Place the dough in a greased bowl, cover it with a clean kitchen towel, and let it rise in a warm place for about 1-2 hours or until it doubles in size.
4. While the dough is rising, prepare the garlic filling. In a small bowl, mix together the minced garlic, melted butter, chopped parsley, salt, and pepper. Set it aside.
5. Preheat your oven to 375°F (190°C).
6. Once the dough has risen, punch it down and divide it into equal-sized portions.
7. Take one portion of the dough and roll it out into a circle or oval shape on a lightly floured surface.
8. Spread a generous amount of the garlic filling on one half of the rolled-out dough.
9. Fold the other half of the dough over the filling and press the edges to seal it.
10. Repeat the process with the remaining dough portions and garlic filling.
11. Place the stuffed garlic bread on a baking sheet lined with parchment paper.
12. Brush the tops of the bread with melted butter and sprinkle grated Parmesan cheese and chopped parsley over them.
13. Bake in the preheated oven for about 15-20 minutes, or until the bread is golden brown and cooked through.
14. Remove from the oven and let it cool for a few minutes. Slice and serve the finger millet flour stuffed garlic bread warm.
15. Enjoy your delicious finger millet flour stuffed garlic bread!





# Little Millet Tacos

## INGREDIENTS

### For the little millet filling:

1 cup cooked little millet  
1 tablespoon oil  
1 small onion, finely chopped  
1 small bell pepper, diced  
1 small carrot, grated  
1 teaspoon cumin powder  
1 teaspoon chili powder (adjust to taste)  
Salt, to taste  
Fresh cilantro, chopped (for garnish)

### For the taco shells:

8 small tortillas or taco shells  
1 tablespoon oil

### Optional toppings:

Shredded lettuce  
Diced tomatoes  
Sliced avocado  
Sour cream or yogurt  
Salsa



## INSTRUCTIONS

1. In a large pan, heat oil over medium heat. Add the chopped onion and sauté until translucent.
2. Add the diced bell pepper and grated carrot to the pan. Cook for a few minutes until the vegetables are slightly softened.
3. Add the cooked little millet to the pan. Stir well to combine with the vegetables.
4. Sprinkle cumin powder, chili powder, and salt over the mixture. Mix well and cook for another 2-3 minutes, allowing the flavors to blend. Adjust the seasonings according to your taste preferences.
5. Remove the pan from heat and set aside.
6. Heat a separate pan or skillet over medium heat. Brush each tortilla or taco shell with a little oil on both sides and warm them in the pan until they become pliable and slightly crispy.
7. Assemble the tacos by spooning the little millet filling onto each warmed taco shell.
8. Add your desired toppings, such as shredded lettuce, diced tomatoes, sliced avocado, sour cream or yogurt, and salsa.
9. Garnish with freshly chopped cilantro.
10. Serve the little millet tacos immediately and enjoy!

Feel free to customize the toppings and fillings according to your preferences. This recipe provides a basic guideline, but you can get creative with your favorite ingredients and seasonings to make it your own.

# Sorghum Dilkush

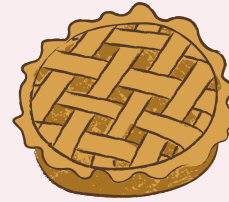
## INGREDIENTS

### For the dough:

1 cup sorghum flour  
1/2 cup grated coconut  
1/4 cup powdered jaggery (adjust to taste)  
1/4 teaspoon cardamom powder  
A pinch of salt  
Water (as needed)

### For the filling:

1/4 cup grated coconut  
1/4 cup powdered jaggery  
2 tablespoons roasted sesame seeds  
2 tablespoons chopped cashews  
2 tablespoons chopped almonds  
2 tablespoons raisins  
1/2 teaspoon cardamom powder



## NUTRITIVE VALUE

Nutritive Value per serving:

Calories: Approximately 150-200 calories per serving (2-3 dilkush)  
Carbohydrates: Around 25-30 grams  
Protein: Approximately 2-4 grams  
Fat: Around 5-8 grams  
Fiber: Approximately 2-3 grams  
Sugar: Varies depending on the amount of jaggery used



## INSTRUCTIONS

1. In a mixing bowl, combine the sorghum flour, grated coconut, powdered jaggery, cardamom powder, and a pinch of salt. Mix well.
2. Gradually add water to the mixture, little by little, and knead it into a smooth dough. The dough should be pliable but not too sticky. Adjust the amount of water as needed.
3. Cover the dough with a damp cloth and let it rest for about 15-20 minutes.
4. Meanwhile, prepare the filling by combining the grated coconut, powdered jaggery, roasted sesame seeds, chopped cashews, chopped almonds, raisins, and cardamom powder in a separate bowl. Mix well to ensure all the ingredients are evenly distributed.
5. Preheat your oven to 350°F (175°C).
6. Divide the dough into small lemon-sized portions and roll each portion into a small disk or circle on a lightly floured surface.
7. Place a spoonful of the filling mixture onto the center of each disk.
8. Fold the edges of the disk towards the center, covering the filling, and shape it into a ball. Press the ball gently to seal it.
9. Place the filled sorghum balls on a baking sheet lined with parchment paper.
10. Bake in the preheated oven for about 15-20 minutes, or until the dilkush turns slightly golden brown.
11. Remove from the oven and let them cool completely before serving.
12. Enjoy the delicious sorghum dilkush as a snack or dessert!

**Note:** You can store the sorghum dilkush in an airtight container for a few days.

## NUTRITIVE VALUE

Nutritive Value per serving  
Calories: Approximately 200-250 calories per serving (for 2 tacos)  
Carbohydrates: Around 30-35 grams  
Protein: Approximately 4-6 grams  
Fat: Around 5-7 grams  
Fiber: Approximately 4-6 grams  
Sugar: Varies depending on the toppings and ingredients used





# Pearl Millet Jalebi

## INGREDIENTS

### **For the batter:**

- 1 cup pearl millet flour (bajra flour)
- 1/4 cup all-purpose flour
- 1/4 cup yogurt
- 1/4 teaspoon turmeric powder (for color)
- 1/4 teaspoon saffron strands, soaked in 1 tablespoon warm milk
- 1/2 teaspoon cardamom powder
- 1 tablespoon ghee (clarified butter)
- Water (as needed)
- Oil or ghee for frying

### **For the syrup:**

- 1 cup sugar
- 1/2 cup water
- A few saffron strands
- 1/2 teaspoon cardamom powder
- 1/2 teaspoon lemon juice

## INSTRUCTIONS

1. In a large mixing bowl, combine the pearl millet flour, all-purpose flour, yogurt, turmeric powder, soaked saffron strands with milk, cardamom powder, and ghee. Mix well to form a thick batter.
2. Gradually add water to the batter, a little at a time, and whisk until you achieve a smooth, pouring consistency. The batter should not be too thick or too thin.
3. Cover the batter and let it ferment for about 6-8 hours or overnight. Fermentation is essential for the flavor and texture of the jalebi.
4. Prepare the syrup by dissolving sugar in water in a saucepan over medium heat. Add saffron strands and cardamom powder to the syrup. Stir well and let it simmer until it reaches a slightly sticky consistency.
5. Once the syrup reaches the desired consistency, remove it from heat and add lemon juice to prevent crystallization. Keep the syrup warm.
6. Heat oil or ghee in a wide, shallow pan for deep frying the jalebi.
7. Fill the jalebi batter into a squeeze bottle or a piping bag fitted with a small nozzle.
8. Squeeze the batter in a circular motion directly into the hot oil or ghee to form spirals or pretzel-like shapes. Fry the jalebis until they turn golden brown and crispy.
9. Remove the fried jalebis from the oil using a slotted spoon and immediately dip them into the warm syrup. Let the jalebis soak in the syrup for a few seconds, then remove them and place them on a plate.
10. Garnish the jalebis with some chopped nuts like pistachios or almonds, if desired.
11. Serve the pearl millet jalebis warm or at room temperature. They are best enjoyed fresh.

**Note:** Pearl millet jalebis are typically crispy on the outside and slightly chewy on the inside. The fermentation process is important to achieve the desired texture and flavor. Adjust the sweetness of the syrup according to your preference.

Enjoy your homemade pearl millet jalebis!



## NUTRITIONAL VALUE

Nutritional Value Per Serving (1 piece, approximately):

Calories: 150-180  
Total Fat: 5-8 grams  
Saturated Fat: 1-2 grams  
Cholesterol: 0-5 milligrams  
Sodium: 20-30 milligrams  
Total Carbohydrates: 25-30 grams  
Dietary Fiber: 1-2 grams  
Sugars: 10-15 grams  
Protein: 2-3 grams

# Little Millet Apple Jam

## INGREDIENTS

- 2 cups peeled, cored, and diced apples
- 1 cup little millet (washed and soaked for 2 hours)
- 1 cup water
- 1 cup sugar (adjust according to taste)
- 1 tablespoon lemon juice
- 1/2 teaspoon cinnamon powder (optional)



## INSTRUCTIONS

1. Drain the soaked little millet and rinse it well.
2. In a saucepan, combine the little millet, diced apples, and water. Bring it to a boil over medium heat.
3. Reduce the heat to low and simmer until the little millet and apples are cooked and softened. It may take around 15-20 minutes. Stir occasionally to prevent sticking to the bottom of the pan.
4. Once the little millet and apples are cooked, use a potato masher or the back of a spoon to mash them to a smoother consistency. If you prefer a chunkier texture, you can leave some apple pieces intact.
5. Add sugar, lemon juice, and cinnamon powder (if using) to the pan. Stir well to combine.
6. Continue cooking over low heat, stirring frequently, until the mixture thickens and reaches a jam-like consistency. It may take around 20-30 minutes. Adjust the cooking time based on your desired thickness.
7. Turn off the heat and let the jam cool down.
8. Once cooled, transfer the Little Millet Apple Jam into clean, sterilized jars and seal them tightly.
9. Store the jam in the refrigerator for longer shelf life.
10. Enjoy the Little Millet Apple Jam on toast, bread, pancakes, or as a topping for yogurt or oatmeal.

**Note:** You can adjust the sweetness and spices according to your taste preferences. You may also add a pinch of salt to balance the flavors if desired.

This recipe yields approximately 2 cups of Little Millet Apple Jam.

## NUTRITIONAL VALUE

Nutritional Value Per Serving (1 tablespoon, approximately):

Calories: 40-60  
Total Fat: 0-1 gram  
Saturated Fat: 0 grams  
Cholesterol: 0 milligrams  
Sodium: 0-1 milligram  
Total Carbohydrates: 10-15 grams  
Dietary Fiber: 0-1 gram  
Sugars: 8-12 grams  
Protein: 0-1 gram



# FINGER MILLET JUNNU

## INGREDIENTS

- 1 cup finger millet flour (ragi flour)
- 2 cups milk
- 1/2 cup sugar (adjust to taste)
- 1/4 teaspoon cardamom powder
- A pinch of saffron strands (optional)
- Chopped nuts for garnish (almonds, cashews, pistachios)

## INSTRUCTIONS

1. In a mixing bowl, combine the finger millet flour and milk. Mix well to ensure there are no lumps. Set aside for 30 minutes to allow the finger millet flour to soak.
2. In a saucepan, heat the milk over medium heat until it comes to a boil. Stir occasionally to prevent the milk from burning or sticking to the bottom of the pan.
3. Add the soaked finger millet flour mixture to the boiling milk. Stir continuously to avoid the formation of lumps.
4. Add sugar, cardamom powder, and saffron strands (if using). Mix well until the sugar is dissolved.
5. Continue to cook the mixture on low heat, stirring constantly, until it thickens and reaches a custard-like consistency. This may take around 15-20 minutes.
6. Remove the pan from heat and allow the mixture to cool slightly.
7. Grease a shallow dish or individual serving bowls with ghee or oil.
8. Pour the prepared finger millet junnu mixture into the greased dish or bowls. Smooth the surface with a spatula.
9. Garnish with chopped nuts, pressing them gently into the surface.
10. Allow the finger millet junnu to cool completely and set for a few hours in the refrigerator.
11. Once set, cut the finger millet junnu into desired shapes or serve it directly in individual bowls.

Finger Millet Junnu is a healthy and delicious dessert. Finger millet, also known as ragi, is rich in dietary fiber, calcium, iron, and other essential nutrients. It is a good option for those looking for gluten-free and nutritious sweets.

Please note that the nutritional value may vary depending on the specific ingredients used and the portion sizes.

## NUTRITIONAL VALUE

Nutritional Value Per Serving (approximately 1 small bowl):

- Calories: 150-200
- Total Fat: 3-5 grams
- Saturated Fat: 1-2 grams
- Cholesterol: 5-10 milligrams
- Sodium: 50-100 milligrams
- Total Carbohydrates: 25-30 grams
- Dietary Fiber: 2-4 grams
- Sugars: 15-20 grams
- Protein: 5-7 grams



# Pearl Millet Caramel Slice

## INGREDIENTS

### **For the Base:**

- 1 cup pearl millet flour
- 1/2 cup almond flour
- 1/4 cup coconut flour
- 1/4 cup melted coconut oil
- 1/4 cup maple syrup or honey
- 1 teaspoon vanilla extract

### **For the Caramel Layer:**

- 1 cup pitted dates
- 1/4 cup almond butter or any nut butter of your choice
- 2 tablespoons coconut oil
- 1 teaspoon vanilla extract
- Pinch of sea salt

### **For the Chocolate Topping:**

- 1/2 cup dark chocolate chips
- 1 tablespoon coconut oil

## INSTRUCTIONS

1. Preheat your oven to 350°F (175°C). Line a baking dish with parchment paper.
2. In a mixing bowl, combine the pearl millet flour, almond flour, coconut flour, melted coconut oil, maple syrup or honey, and vanilla extract. Mix well until a crumbly dough forms.
3. Press the dough evenly into the lined baking dish to form the base layer. Use the back of a spoon or your hands to ensure it is compact.
4. Bake the base in the preheated oven for about 10-12 minutes, or until it turns golden brown. Remove from the oven and let it cool completely.
5. Meanwhile, prepare the caramel layer. In a food processor or blender, combine the pitted dates, almond butter, coconut oil, vanilla extract, and sea salt. Process until smooth and creamy, scraping down the sides as needed.
6. Once the base has cooled, spread the caramel layer evenly over the base using a spatula or the back of a spoon.
7. In a microwave-safe bowl, melt the dark chocolate chips and coconut oil together in short intervals, stirring in between, until fully melted and smooth. Alternatively, you can melt the chocolate and coconut oil in a heatproof bowl over a pot of simmering water.
8. Pour the melted chocolate over the caramel layer, spreading it evenly to cover the surface.
9. Place the baking dish in the refrigerator for at least 2-3 hours, or until the caramel and chocolate layers are set.
10. Once set, remove the caramel slice from the baking dish and cut it into small squares or slices.
11. Serve and enjoy! Store any leftovers in an airtight container in the refrigerator.

Please note that the nutritional value may vary based on the specific ingredients used and the portion sizes.



## NUTRITIONAL VALUE

Nutritional Value Per Serving (approximately 1 slice):

- Calories: 150-200
- Total Fat: 10-15 grams
- Saturated Fat: 5-8 grams
- Cholesterol: 0-5 milligrams
- Sodium: 50-100 milligrams
- Total Carbohydrates: 15-20 grams
- Dietary Fiber: 2-4 grams
- Sugars: 8-12 grams
- Protein: 2-4 grams



# Sorghum Bits

## INGREDIENTS

1 cup sorghum grains  
3 cups water  
Salt to taste  
Cooking oil for frying

## NUTRITIONAL VALUE

The nutritive value of sorghum bits:

Macronutrients (per 100 grams):

Calories: Approximately 350-400 calories

Carbohydrates: Around 70-75 grams

Protein: Approximately 10-12 grams

Fat: Varies depending on the amount of oil used for frying

Dietary Fiber: with approximately 6-8 grams of fiber per 100 grams.

Vitamins and Minerals: iron, magnesium, phosphorus, and B vitamins.

Antioxidants: phenolic compounds and flavonoids

Gluten-Free



## INSTRUCTIONS

1. Rinse the sorghum grains thoroughly under running water to remove any impurities.
2. In a large pot, bring 3 cups of water to a boil. Add the rinsed sorghum grains and salt to taste. Reduce the heat to low and simmer the sorghum for about 30-40 minutes or until the grains are cooked and tender. Stir occasionally to prevent sticking.
3. Once the sorghum grains are cooked, drain any excess water and spread them on a baking sheet or tray to cool and dry for about 10-15 minutes.
4. Heat cooking oil in a deep pan or skillet over medium heat.
5. Once the sorghum grains are dry, carefully add them to the hot oil in small batches. Fry them until they turn crispy and golden brown. This will take about 3-4 minutes. Make sure to stir them occasionally to ensure even frying.
6. Using a slotted spoon, transfer the fried sorghum bits to a paper towel-lined plate to drain excess oil.
7. Repeat the frying process with the remaining sorghum grains.
8. Allow the fried sorghum bits to cool completely before serving.
9. Sorghum bits can be enjoyed as a crunchy snack on their own or used as a topping for salads, soups, or yogurt. They provide a unique texture and nutty flavor.

Please note that the nutritional value of sorghum bits can vary based on the specific cooking method and the amount of oil used for frying. It's recommended to use minimal oil for frying to keep the snack healthier. Additionally, portion sizes should be considered when consuming sorghum bits as a snack.



## **FERMENTED MILLET SMOOTHIE**

### INGREDIENTS

1 ripe avocado, pitted and peeled  
2 ripe kiwi fruits, peeled and chopped  
1 cup fermented millet (cooked and cooled)  
1 cup almond milk (or any plant-based milk of your choice)  
1 tablespoon honey or maple syrup (optional, for sweetness)  
1/2 teaspoon vanilla extract  
Ice cubes (optional)

### INSTRUCTIONS

1. In a blender, combine the ripe avocado, chopped kiwi fruits, fermented millet, almond milk, honey or maple syrup (if using), and vanilla extract.
2. Blend the ingredients on high speed until smooth and creamy. If desired, add a few ice cubes to make the smoothie colder.
3. Taste the smoothie and adjust the sweetness by adding more honey or maple syrup if needed.
4. Pour the smoothie into glasses and serve immediately.
5. This Fermented Millet Smoothie with Avocado and Kiwi Fruit is a nutritious and refreshing beverage option.

Here's a general overview of the potential nutritive value of the main ingredients:

- **Avocado:** Avocado is a good source of healthy fats, dietary fiber, vitamins (such as vitamin K, vitamin C, vitamin E, and B vitamins), and minerals (such as potassium and magnesium).
- **Kiwi Fruit:** Kiwi fruit is packed with vitamin C, vitamin K, dietary fiber, and antioxidants.
- **Fermented Millet:** Fermented millet retains the nutritional benefits of millet, including dietary fiber, protein, vitamins (such as B vitamins and vitamin E), and minerals (such as iron and magnesium). Fermentation may enhance nutrient bioavailability and promote gut health.
- **Almond Milk:** Almond milk provides a source of vitamin E, calcium, and healthy fats. The specific nutritional content can vary depending on the brand and type of almond milk used.

Please note that the specific nutritive value can vary based on the specific brands of ingredients used, variations in portion sizes, and any modifications to the recipe.



# RAGI AND MAKHANA SMOOTHIE

## INGREDIENTS

1/2 cup ragi flour (finger millet flour)  
1/2 cup roasted makhana (fox nuts)  
1 ripe banana  
1 cup milk (or plant-based milk of your choice)  
1 tablespoon honey or maple syrup (optional, for sweetness)  
1/2 teaspoon vanilla extract  
Ice cubes (optional)



## INSTRUCTIONS

1. In a blender, add the ragi flour, roasted makhana, ripe banana, milk, honey or maple syrup (if using), and vanilla extract.
2. Blend the ingredients on high speed until smooth and creamy. If desired, add a few ice cubes to make the smoothie colder.
3. Taste the smoothie and adjust the sweetness by adding more honey or maple syrup if needed.
4. Pour the smoothie into glasses and serve immediately.
5. This Ragi and Makhana Smoothie is a nutritious and filling beverage option.

Here's a general overview of the potential nutritive value of the main ingredients:

- **Ragi Flour (Finger Millet Flour):** Ragi is rich in dietary fiber, protein, calcium, iron, and other essential minerals. It is also gluten-free and has a low glycemic index, making it suitable for individuals with gluten intolerance or diabetes.
- **Makhana (Fox Nuts):** Makhana is low in calories and fat but high in dietary fiber, protein, and minerals such as magnesium and potassium. They add a crunchy texture to the smoothie.
- **Banana:** Banana is a good source of dietary fiber, vitamin C, potassium, and other essential nutrients. It provides natural sweetness and helps thicken the smoothie.
- **Milk (or Plant-Based Milk):** Milk adds creaminess to the smoothie and provides protein, calcium, and other essential nutrients. You can use dairy milk or any plant-based milk of your choice, such as almond milk or oat milk.

Please note that the specific nutritive value can vary based on the specific brands of ingredients used, variations in portion sizes, and any modifications to the recipe.

# Ragi Mixed Fruit Shake



## INGREDIENTS

1/2 cup ragi flour (finger millet flour)  
1 cup mixed fruits (such as banana, mango, strawberries, blueberries, or any fruits of your choice)  
1 cup milk (or plant-based milk of your choice)  
1 tablespoon honey or maple syrup (optional, for sweetness)  
1/2 teaspoon vanilla extract  
Ice cubes (optional)



## INSTRUCTIONS

1. In a blender, add the ragi flour, mixed fruits, milk, honey or maple syrup (if using), and vanilla extract.
2. Blend the ingredients on high speed until smooth and well combined. If desired, add a few ice cubes to make the shake colder.
3. Taste the shake and adjust the sweetness by adding more honey or maple syrup if needed.
4. Pour the shake into glasses and serve immediately.

This Ragi and Mixed Fruit Shake is a nutritious and refreshing beverage option. Here's a general overview of the potential nutritive value of the main ingredients:

- **Ragi Flour (Finger Millet Flour):** Ragi is rich in dietary fiber, protein, calcium, iron, and other essential minerals. It is also gluten-free and has a low glycemic index, making it suitable for individuals with gluten intolerance or diabetes.
- **Mixed Fruits:** Mixed fruits provide a variety of vitamins, minerals, antioxidants, and dietary fiber. The specific nutritional content will depend on the fruits you choose to include.
- **Milk (or Plant-Based Milk):** Milk adds creaminess to the shake and provides protein, calcium, and other essential nutrients. You can use dairy milk or any plant-based milk of your choice, such as almond milk or soy milk.

Please note that the specific nutritive value can vary based on the specific brands of ingredients used, variations in portion sizes, and any modifications to the recipe.!



# KODO MILLET CORIANDER RICE

## INGREDIENTS

1 cup kodo millet  
2 cups water  
1 tablespoon oil or ghee  
1 teaspoon cumin seeds  
1 small onion, finely chopped  
2-3 green chilies, finely chopped (adjust according to your spice preference)  
1/4 cup chopped coriander leaves  
1/2 teaspoon turmeric powder  
Salt to taste  
Lemon wedges, for serving (optional)



## NUTRITIONAL VALUE

Calories: Around 200-250 per serving.  
Carbohydrates: Approx 40-50 grams.  
Protein: Approximately 5-7 grams.  
Fat: Approximately 3-5 grams,  
Fiber: Approximately 3-5 grams.  
Vitamins: vitamins B such as niacin (vitamin B3), thiamine (vitamin B1), and riboflavin (vitamin B2)  
Minerals: magnesium, iron, and phosphorus, potassium, calcium, iron, and manganese

## INSTRUCTIONS

1. Rinse the kodo millet thoroughly and soak it in water for about 30 minutes. Drain the water and set the millet aside.
2. In a large saucepan, heat oil or ghee over medium heat. Add cumin seeds and let them splutter.
3. Add chopped onion and sauté until it turns translucent.
4. Add green chilies and sauté for a minute.
5. Add the soaked and drained kodo millet to the pan and mix well with the onion and chili mixture.
6. Add water, turmeric powder, and salt to the pan. Stir everything together.
7. Bring the mixture to a boil, then reduce the heat to low. Cover the pan with a lid and let the millet cook for about 15-20 minutes or until all the water is absorbed and the millet is cooked and fluffy.
8. Once the millet is cooked, remove the pan from heat. Let it sit covered for another 5 minutes.
9. Fluff the millet gently with a fork. Add chopped coriander leaves and mix well.
10. Serve the Kodo Millet Coriander Rice hot with lemon wedges on the side for an extra burst of flavor (optional).

This Kodo Millet Coriander Rice is a healthy and flavorful dish. Here's a general overview of the potential nutritive value of the main ingredients:

- **Kodo Millet:** Kodo millet is a nutritious grain that is rich in dietary fiber, protein, vitamins (such as B vitamins), and minerals (such as magnesium and iron). It is gluten-free and has a low glycemic index.
- **Coriander Leaves:** Coriander leaves add a fresh and aromatic flavor to the rice. They are a good source of vitamins, minerals, and antioxidants.
- **Onion and Green Chilies:** These ingredients enhance the flavor of the dish and provide essential nutrients and antioxidants.
- **Oil or Ghee:** Adding a small amount of oil or ghee provides healthy fats and enhances the taste and richness of the dish.

Please note that the specific nutritive value can vary based on the specific brands of ingredients used, variations in portion sizes, and any modifications to the recipe.

# Finger Millet Vermicelli Upma

## INGREDIENTS

1 cup finger millet vermicelli  
1 tablespoon oil or ghee  
1 teaspoon mustard seeds  
1 teaspoon urad dal (split black gram)  
1 teaspoon chana dal (split Bengal gram)  
1 small onion, finely chopped  
1 green chili, finely chopped  
1/4 cup chopped vegetables (carrots, peas, bell peppers, etc.), optional  
1/4 teaspoon turmeric powder  
Salt to taste  
Curry leaves, a few  
Coriander leaves, for garnish  
Lemon wedges, for serving (optional)



## INSTRUCTIONS

1. Bring a pot of water to boil and cook the finger millet vermicelli according to the package instructions. Drain the cooked vermicelli and set aside.
2. Heat oil or ghee in a pan over medium heat. Add mustard seeds and let them splutter.
3. Add urad dal and chana dal to the pan. Saute until they turn golden brown.
4. Add chopped onion, green chili, and curry leaves. Saute until the onions turn translucent.
5. If using chopped vegetables, add them to the pan and cook for a few minutes until they are tender.
6. Add turmeric powder and salt. Mix well.
7. Add the cooked finger millet vermicelli to the pan and toss everything together gently. Cook for 2-3 minutes to allow the flavors to blend.
8. Garnish with coriander leaves.
9. Serve the Finger Millet Vermicelli Upma hot with lemon wedges on the side for extra tanginess (optional).

This Finger Millet Vermicelli Upma is a nutritious and flavorful dish. Here's a general overview of the potential nutritive value of the main ingredients:

- **Finger Millet Vermicelli:** Finger millet vermicelli is made from finger millet flour, which is rich in dietary fiber, protein, calcium, iron, and other essential minerals. It is a gluten-free option and provides a good source of complex carbohydrates.
- **Vegetables:** Adding chopped vegetables to the upma increases the nutritional value by providing vitamins, minerals, and dietary fiber. You can choose a variety of vegetables based on your preference and availability.
- **Mustard Seeds, Urad Dal, and Chana Dal:** These ingredients contribute to the flavor and texture of the upma. They also provide protein and essential nutrients.
- **Oil or Ghee:** Adding a small amount of oil or ghee provides healthy fats and enhances the taste and richness of the dish.

Please note that the specific nutritive value can vary based on the specific brands of ingredients used, variations in portion sizes, and any modifications to the recipe.



# SORGHUM HALEEM



## INGREDIENTS

1 cup sorghum grains  
1/2 cup split Bengal gram (chana dal)  
1/4 cup split red lentils (masoor dal)  
1/4 cup split yellow lentils (moong dal)  
1/4 cup pearl barley  
1 large onion, finely chopped  
2 tomatoes, finely chopped  
2 green chilies, finely chopped  
2 tablespoons ginger-garlic paste  
1 teaspoon turmeric powder  
1 teaspoon red chili powder (adjust according to your spice preference)  
1 tablespoon garam masala powder  
Salt to taste  
2 tablespoons oil or ghee  
Fresh coriander leaves, for garnish  
Lemon wedges, for serving (optional)

## For Tadka (Tempering):

2 tablespoons oil or ghee  
1 teaspoon cumin seeds  
1 teaspoon mustard seeds  
1/4 teaspoon asafoetida (hing)  
Curry leaves, a few

## NUTRITIONAL VALUE

-  
Calories: Approximately 300-350 calories per serving.  
Total Fat: Approximately 5-7 grams.  
Saturated Fat: Approximately 1-2 grams.  
Cholesterol: 0-5 milligrams.  
Sodium: Approximately 20-30 milligrams.  
Total Carbohydrates: Approximately 50-60 grams.  
Dietary Fiber: Approximately 8-10 grams.  
Sugars: Approximately 5-10 grams.  
Protein: Approximately 10-15 grams.

## INSTRUCTIONS

1. Wash the sorghum grains, split Bengal gram, split red lentils, and split yellow lentils. Soak them in water separately for 2-3 hours. Also, soak the pearl barley in water for the same duration.
2. In a pressure cooker, add the soaked sorghum grains, split Bengal gram, split red lentils, split yellow lentils, and pearl barley. Add enough water to cover the ingredients. Pressure cook for about 4-5 whistles or until the grains and lentils are cooked and tender.
3. Heat oil or ghee in a large pot or deep pan. Add the chopped onions and sauté until golden brown.
4. Add the ginger-garlic paste and green chilies. Sauté for a minute until the raw smell disappears.
5. Add the chopped tomatoes and cook until they turn soft and mushy.
6. Add turmeric powder, red chili powder, garam masala powder, and salt. Mix well and cook for a minute.
7. Add the cooked sorghum grains, lentils, and barley to the pot. Mix everything together and cook on low heat for about 30-40 minutes, stirring occasionally, until the mixture thickens and the flavors meld together.
8. In a separate pan, heat oil or ghee for tempering. Add cumin seeds, mustard seeds, asafoetida, and curry leaves. Let them splutter and release their aroma.
9. Pour the tempering over the cooked haleem and mix well.
10. Garnish with fresh coriander leaves.
11. Serve the Sorghum Haleem hot with lemon wedges on the side for an extra burst of flavor (optional).

# Pearl Millet Veggie Box Puff



## INGREDIENTS

1 cup pearl millet flour (bajra flour)  
1/2 cup all-purpose flour  
1/4 cup semolina (sooji)  
1/4 cup melted ghee or oil  
Salt to taste  
Water, as needed  
1 cup mixed vegetables (such as carrots, peas, beans, corn), finely chopped  
1 onion, finely chopped  
2 green chilies, finely chopped  
1 teaspoon ginger-garlic paste  
1 teaspoon cumin seeds  
1/2 teaspoon turmeric powder  
1/2 teaspoon red chili powder (adjust to your spice preference)  
1/2 teaspoon garam masala powder  
1 tablespoon oil  
Fresh coriander leaves, chopped, for garnish

## NUTRITIONAL VALUE

Nutritional Value Per Serving

Calories: Around 150-200 calories per serving.  
Total Fat: Approximately 8-10 grams.  
Saturated Fat: Approximately 1-2 grams.  
Cholesterol: 0 milligrams.  
Sodium: Approximately 100-200 milligrams (may vary based on added salt).  
Total Carbohydrates: Approximately 15-20 grams.  
Dietary Fiber: Approximately 2-4 grams.  
Sugars: Approximately 1-2 grams.  
Protein: Approximately 3-5 grams.

## INSTRUCTIONS

1. In a mixing bowl, combine the pearl millet flour, all-purpose flour, semolina, melted ghee or oil, and salt. Mix well.
2. Gradually add water to the flour mixture and knead it into a smooth and firm dough. Cover the dough and let it rest for 15-20 minutes.
3. Meanwhile, heat oil in a pan over medium heat. Add cumin seeds and let them splutter. Add chopped onions, green chilies, and ginger-garlic paste. Sauté until the onions turn translucent.
4. Add the mixed vegetables, turmeric powder, red chili powder, and salt. Stir well and cook the vegetables until they are slightly tender. Sprinkle garam masala powder and mix well. Remove from heat and let the vegetable mixture cool.
5. Preheat the oven to 180°C (350°F).
6. Divide the dough into small portions and roll each portion into a thin circular sheet.
7. Take one sheet and place a spoonful of the vegetable mixture in the center. Fold the edges of the sheet to form a box shape, sealing it tightly.
8. Repeat the process with the remaining dough and vegetable mixture.
9. Place the prepared pearl millet veggie box puffs on a baking tray lined with parchment paper.
10. Bake in the preheated oven for 15-20 minutes or until the puffs turn golden brown and crispy.
11. Remove from the oven and let them cool for a few minutes.
12. Garnish with fresh coriander leaves and serve hot as a snack or appetizer.



# FOXTAIL MILLET RASAGULLA

## INGREDIENTS

1 cup foxtail millet flour  
1/2 cup milk powder  
1/4 cup paneer (cottage cheese), grated  
1 cup sugar  
4 cups water  
A few strands of saffron  
1/2 teaspoon cardamom powder  
Chopped nuts for garnishing (optional)



## INSTRUCTIONS

1. In a mixing bowl, combine the foxtail millet flour, milk powder, and grated paneer. Mix well to form a dough-like consistency.
2. Divide the dough into small equal-sized portions and shape them into small balls. Press the balls gently between your palms to flatten them slightly.
3. In a separate pot, add water and sugar. Bring it to a boil over medium heat, stirring continuously to dissolve the sugar.
4. Once the sugar syrup comes to a rolling boil, reduce the heat to low. Gently drop the prepared foxtail millet balls into the syrup one by one.
5. Cover the pot with a lid and let the foxtail millet balls cook in the syrup for about 15-20 minutes, allowing them to absorb the syrup and become soft and spongy.
6. In the meantime, soak the saffron strands in a tablespoon of warm milk to release their color and aroma.
7. After 20 minutes, add the saffron-infused milk and cardamom powder to the pot. Gently stir the mixture to distribute the flavors.
8. Allow the Foxtail Millet Rassagullas to cool in the syrup for a few minutes.
9. Once cooled, transfer the Rassagullas along with the syrup to a serving dish. Garnish with chopped nuts, if desired.
10. Serve the Foxtail Millet Rassagullas at room temperature or chilled.

## NUTRITIONAL VALUE

Nutritional Value Per Serving (1 piece, approximately):

Calories: Approximately 150-200 calories per serving.  
Total Fat: Approximately 5-8 grams.  
Saturated Fat: Approximately 2-4 grams.  
Cholesterol: Approximately 10-15 milligrams.  
Sodium: Approximately 20-30 milligrams.  
Total Carbohydrates: Approximately 25-30 grams.  
Dietary Fiber: Approximately 1-2 grams.  
Sugars: Approximately 20-25 grams.  
Protein: Approximately 4-6 grams.



## Finger Millet Badusha



## INGREDIENTS

**For the dough:**  
1 cup finger millet flour (ragi flour)  
1/4 cup all-purpose flour  
1/4 cup ghee (clarified butter)  
1/4 teaspoon baking powder  
1/4 teaspoon cardamom powder  
A pinch of salt  
Water, as needed

**For the sugar syrup:**  
1 cup sugar  
1/2 cup water  
A few drops of lemon juice

**For frying:**  
Ghee or oil, for deep frying

**For garnish:**  
Chopped pistachios or almonds (optional)

## NUTRITIONAL VALUE

Nutritional Value Per Serving

Total Fat: Approximately 5-8 grams.  
Saturated Fat: Approximately 2-4 grams.  
Cholesterol: Approximately 0-5 milligrams.  
Sodium: Approximately 10-20 milligrams.  
Total Carbohydrates: Approximately 15-20 grams.  
Dietary Fiber: Approximately 1-2 grams.  
Sugars: Approximately 10-15 grams.  
Protein: Approximately 1-2 grams.



## INSTRUCTIONS

1. In a mixing bowl, combine the finger millet flour, all-purpose flour, ghee, baking powder, cardamom powder, and a pinch of salt. Mix well until the mixture resembles breadcrumbs.
2. Gradually add water, little by little, and knead the mixture into a smooth and soft dough. Cover the dough and let it rest for 15-20 minutes.
3. In the meantime, prepare the sugar syrup. In a saucepan, combine sugar and water. Heat the mixture over medium heat until the sugar dissolves completely. Add a few drops of lemon juice to prevent crystallization. Simmer the syrup for a few minutes until it reaches a slightly sticky consistency. Remove from heat and keep it aside.
4. Heat ghee or oil in a deep frying pan over medium heat.
5. Divide the dough into small equal-sized portions and shape them into small round discs, similar to a small donut shape. Make a small dent in the center of each disc using your thumb.
6. Gently slide a few prepared discs into the hot ghee or oil and fry them on low to medium heat until they turn golden brown and cooked through. Flip them occasionally to ensure even frying. Repeat the process with the remaining discs.
7. Once the badushas are fried, remove them from the ghee or oil and drain them on a paper towel to remove excess oil.
8. Dip the fried badushas into the prepared sugar syrup while they are still warm. Let them soak in the syrup for a few minutes on each side, ensuring they are well coated.
9. Remove the soaked badushas from the syrup and place them on a serving plate. Garnish with chopped pistachios or almonds, if desired.
10. Allow the badushas to cool completely before serving. They can be stored in an airtight container for a few days.
11. The nutritional value of Finger Millet Badusha may vary based on the specific ingredients and portion sizes used.





## Finger Millet Vermicelli Faluda

### INGREDIENTS

1/2 cup finger millet vermicelli  
2 cups milk (dairy or plant-based)  
2 tablespoons sugar (adjust to taste)  
1/4 teaspoon rose water  
1/4 teaspoon cardamom powder  
A handful of mixed nuts (such as almonds, pistachios, cashews), chopped  
1 tablespoon basil seeds (sabja seeds)  
1 tablespoon sweetened condensed milk (optional)  
Rose syrup or any flavored syrup, for serving  
Ice cream or kulfi, for serving (optional)



### NUTRITIONAL VALUE

#### Nutritional Value Per Serving

Calories: Approximately 200-250 calories per serving.  
Total Fat: Approximately 5-8 grams.  
Saturated Fat: Approximately 2-4 grams.  
Cholesterol: Approximately 5-10 milligrams.  
Sodium: Approximately 50-100 milligrams.  
Total Carbohydrates: Approximately 30-40 grams.  
Dietary Fiber: Approximately 1-2 grams.  
Sugars: Approximately 15-20 grams.  
Protein: Approximately 5-8 grams.

### INSTRUCTIONS

1. In a saucepan, bring water to a boil. Add the finger millet vermicelli and cook according to the package instructions until they are soft and cooked. Drain the vermicelli and rinse them with cold water to remove excess starch. Set aside.
2. In a separate saucepan, heat the milk over medium heat. Add sugar, rose water, and cardamom powder. Stir well until the sugar is dissolved. Let the milk simmer for a few minutes until it thickens slightly. Remove from heat and let it cool.
3. In a small bowl, soak the basil seeds in water for about 10 minutes until they expand and become jelly-like. Drain any excess water.
4. In serving glasses, layer the finger millet vermicelli at the bottom. Add a layer of chopped mixed nuts and soaked basil seeds on top.
5. Pour the cooled milk mixture over the vermicelli, nuts, and basil seeds. Stir gently to combine.
6. Drizzle some rose syrup or any flavored syrup of your choice on top. You can adjust the sweetness according to your taste.
7. Optionally, you can drizzle sweetened condensed milk on top for added richness.
8. Garnish with more chopped nuts and a scoop of ice cream or kulfi, if desired.
9. Serve the Finger Millet Vermicelli Faluda chilled and enjoy!
10. The nutritional value of Finger Millet Vermicelli Faluda may vary based on the specific ingredients and portion sizes used.

## Little Millet Ginger Murabba

### NUTRITIONAL VALUE

#### Nutritional Value Per Serving

Calories: Approximately 100-150 calories per serving.  
Total Fat: Approximately 0-1 gram.  
Saturated Fat: Approximately 0 grams.  
Cholesterol: Approximately 0 milligrams.  
Sodium: Approximately 0-5 milligrams.  
Total Carbohydrates: Approximately 25-30 grams.  
Dietary Fiber: Approximately 1-2 grams.  
Sugars: Approximately 20-25 grams.  
Protein: Approximately 1-2 grams.

### INGREDIENTS

1 cup little millet (sama or kutki)  
1 cup grated ginger  
1 cup sugar  
1/2 cup water  
1/2 teaspoon cardamom powder  
1 tablespoon lemon juice

### INSTRUCTIONS

1. Rinse the little millet under running water and soak it in enough water for about 30 minutes. Drain and set aside.
2. In a pan, combine the grated ginger, sugar, and water. Place the pan on medium heat and stir until the sugar dissolves completely.
3. Add the soaked little millet to the pan and mix well. Reduce the heat to low and let it simmer, covered, for about 15-20 minutes or until the millet becomes tender and absorbs the flavors.
4. Stir occasionally to prevent sticking to the bottom of the pan. If the mixture becomes too dry, you can add a little water.
5. Once the little millet is cooked, add cardamom powder and lemon juice. Mix well.
6. Continue cooking for another 5 minutes until the mixture thickens and reaches a jam-like consistency.
7. Remove from heat and let it cool completely.
8. Once cooled, transfer the Little Millet Ginger Murabba to a clean, airtight jar and store it in the refrigerator.
9. The murabba can be enjoyed as a sweet condiment or spread on toast, roti, or crackers.

Please note that this recipe is an approximation, and the cooking time may vary based on the specific brand and type of little millet used. Adjust the sugar quantity according to your preference for sweetness.

The nutritional value of Little Millet Ginger Murabba may vary based on the specific ingredients and portion sizes used.





# Finger Millet Muruku

## INGREDIENTS

1 cup finger millet flour (ragi flour)  
1/2 cup rice flour  
2 tablespoons melted ghee (clarified butter)  
1 teaspoon cumin seeds  
1/2 teaspoon sesame seeds  
1/2 teaspoon red chili powder (adjust to taste)  
Salt to taste  
Water, as needed  
Oil, for deep frying

## NUTRITIONAL VALUE

Nutritional Value Per Serving (1 serving, approximately):

Calories: Approximately 150-200 calories per serving.

Total Fat: Approximately 8-10 grams.

Saturated Fat: Approximately 1-2 grams.

Cholesterol: Approximately 0 milligrams.

Sodium: Approximately 100-200 milligrams.

Total Carbohydrates: Approximately 18-20 grams.

Dietary Fiber: Approximately 2-4 grams.

Sugars: Approximately 0-1 grams.

Protein: Approximately 2-4 grams.



## INSTRUCTIONS

1. In a mixing bowl, combine the finger millet flour, rice flour, cumin seeds, sesame seeds, red chili powder, and salt. Mix well.
2. Add melted ghee to the flour mixture and mix it in.
3. Gradually add water, a little at a time, and knead the mixture into a smooth and pliable dough. The dough should not be too soft or too stiff.
4. Heat oil in a deep pan or kadai for frying the murukus.
5. Take a small portion of the dough and place it in a muruku press or chakli maker. Choose a disc with desired muruku shape (such as a star-shaped disc).
6. Press the dough into hot oil in a circular motion to form the muruku shape. You can make the murukus as small or as large as you prefer.
7. Fry the murukus on medium heat until they turn golden brown and crispy. Flip them occasionally for even frying.
8. Once cooked, remove the murukus from the oil and drain them on a paper towel to remove excess oil.
9. Allow the murukus to cool completely before storing them in an airtight container.
10. Enjoy the Finger Millet Murukus as a crunchy and savory snack!

Please note that the nutritional value of Finger Millet Murukus may vary based on the specific ingredients and portion sizes used.

# Foxtail Millet Bombay Karachi Halwa



## INGREDIENTS

1 cup foxtail millet flour  
1 cup sugar  
1/2 cup ghee (clarified butter)  
1/4 cup chopped nuts (cashews, almonds, pistachios)  
1/4 teaspoon cardamom powder  
A pinch of saffron strands  
A few drops of edible food color (optional)  
Water, as needed

## INSTRUCTIONS

1. Heat ghee in a thick-bottomed pan or kadai over medium heat.
2. Add the foxtail millet flour to the pan and roast it in ghee until it turns aromatic and slightly golden in color. Stir continuously to prevent burning.
3. In a separate saucepan, heat water and sugar together over medium heat to make a sugar syrup. Stir until the sugar is dissolved completely.
4. Once the sugar syrup reaches a one-string consistency (when a drop of syrup between your thumb and index finger forms a thin string), remove it from heat.
5. Add the sugar syrup to the roasted foxtail millet flour in the pan. Be careful as it may splutter. Stir continuously to mix well and avoid lumps.
6. Add cardamom powder, saffron strands, and food color (if using) to the mixture and mix well.
7. Reduce the heat to low and continue cooking the mixture, stirring frequently, until it thickens and starts leaving the sides of the pan. This may take around 15-20 minutes.
8. Meanwhile, roast the chopped nuts in a separate pan until they turn golden brown.
9. Once the halwa thickens and leaves the sides of the pan, remove it from heat and immediately transfer it to a greased plate or tray.
10. Sprinkle the roasted nuts on top and gently press them into the halwa.
11. Allow the halwa to cool completely and set for a few hours.
12. Cut the Foxtail Millet Bombay Karachi Halwa into desired shapes and serve.
13. Enjoy the delicious Foxtail Millet Bombay Karachi Halwa!
14. The nutritional value of Foxtail Millet Bombay Karachi Halwa may vary based on the specific ingredients and portion sizes used.

## NUTRITIONAL VALUE

Nutritional Value Per Serving

Calories: Approximately 150-200 calories per serving.

Total Fat: Approximately 8-10 grams.

Saturated Fat: Approximately 4-6 grams.

Cholesterol: Approximately 15-20 milligrams.

Sodium: Approximately 5-10 milligrams.

Total Carbohydrates: Approximately 18-20 grams.

Dietary Fiber: Approximately 1-2 grams.

Sugars: Approximately 12-15 grams.

Protein: Approximately 2-4 grams.



# Three Cheese Millet Lasagna

## INGREDIENTS

1 cup cooked millet  
1 cup marinara sauce  
1 cup ricotta cheese  
1 cup shredded mozzarella cheese  
1 cup grated Parmesan cheese  
1 egg  
2 cloves garlic, minced  
1 teaspoon dried basil  
1 teaspoon dried oregano  
Salt and pepper to taste  
Fresh basil leaves for garnish (optional)

## NUTRITIONAL VALUE

-  
Nutritional Value Per Serving

Calories: Approximately 300-350 calories per serving.  
Total Fat: Approximately 15-20 grams.  
Saturated Fat: Approximately 8-10 grams.  
Cholesterol: Approximately 60-80 milligrams.  
Sodium: Approximately 600-800 milligrams.  
Total Carbohydrates: Approximately 20-25 grams.  
Dietary Fiber: Approximately 3-5 grams.  
Sugars: Approximately 5-8 grams.  
Protein: Approximately 18-20 grams.

## INSTRUCTIONS

1. Preheat your oven to 375°F (190°C). Grease a baking dish with cooking spray or oil.
2. In a mixing bowl, combine the cooked millet, minced garlic, dried basil, dried oregano, salt, and pepper. Mix well.
3. In a separate bowl, beat the egg and add it to the ricotta cheese. Mix until well combined.
4. Spread a thin layer of marinara sauce at the bottom of the baking dish.
5. Layer half of the millet mixture on top of the sauce.
6. Spread half of the ricotta cheese mixture over the millet layer.
7. Sprinkle half of the shredded mozzarella and grated Parmesan cheese over the ricotta layer.
8. Repeat the layers: marinara sauce, millet mixture, ricotta mixture, and cheeses.
9. Cover the baking dish with foil and bake in the preheated oven for 20 minutes.
10. Remove the foil and bake for an additional 10 minutes or until the cheese is melted and bubbly.
11. Remove from the oven and let it cool for a few minutes before serving.
12. Garnish with fresh basil leaves, if desired, and serve hot.
13. Enjoy the delicious Three Cheese Millet Lasagna!

Please note that the nutritional value of Three Cheese Millet Lasagna may vary based on the specific brands of ingredients and portion sizes used.



# Creamy Mushroom Risotto with Millet

## INGREDIENTS

1 cup millet  
4 cups vegetable broth  
2 tablespoons olive oil  
1 onion, diced  
2 cloves garlic, minced  
8 ounces mushrooms, sliced  
1/2 cup dry white wine (optional)  
1/2 cup grated Parmesan cheese  
2 tablespoons unsalted butter  
Salt and pepper to taste  
Fresh parsley, chopped (for garnish)



## INSTRUCTIONS

1. In a large saucepan, heat the vegetable broth over medium heat and keep it simmering.
2. In a separate large pot, heat the olive oil over medium heat. Add the diced onion and minced garlic, and sauté until the onion becomes translucent.
3. Add the sliced mushrooms to the pot and cook until they release their moisture and turn golden brown.
4. Add the millet to the pot and stir to coat it with the mushroom mixture.
5. If using, pour in the white wine and cook until it has evaporated.
6. Begin adding the vegetable broth to the pot, one ladleful at a time. Stir frequently and wait for the liquid to be absorbed before adding the next ladleful. Continue this process until the millet is cooked and has a creamy consistency. This should take around 25-30 minutes.
7. Once the millet is cooked, remove the pot from the heat. Stir in the grated Parmesan cheese and butter until melted and well combined. Season with salt and pepper to taste.
8. Serve the creamy mushroom millet risotto hot, garnished with fresh parsley.
9. Enjoy your Creamy Mushroom Risotto with Millet!

Please note that the nutritional value of Creamy Mushroom Risotto with Millet may vary based on the specific brands of ingredients and portion sizes used.

## NUTRITIVE VALUE

Approximate nutritional breakdown of Creamy Mushroom Risotto with Millet

Calories: Approximately 350-400 calories per serving.

Total Fat: Approximately 12-15 grams.

Saturated Fat: Approximately 4-6 grams.

Cholesterol: Approximately 15-20 milligrams.

Sodium: Approximately 800-1000 milligrams.

Total Carbohydrates: Approximately 50-60 grams.

Dietary Fiber: Approximately 5-7 grams.

Sugars: Approximately 2-4 grams.

Protein: Approximately 10-12 grams. Mushroom Risotto with Millet per serving





# Foxtail Millet Sweet Pongal

## INGREDIENTS

1 cup foxtail millet  
1/2 cup split yellow moong dal (lentils)  
3 cups water  
1 cup jaggery (or brown sugar), grated  
1/4 cup ghee (clarified butter)  
1/4 cup cashews, halved  
1/4 cup raisins  
1/2 teaspoon cardamom powder  
A pinch of salt

## INSTRUCTIONS

1. Rinse the foxtail millet and moong dal together under running water. Drain well.
2. In a pressure cooker or large pot, add the rinsed millet and dal along with 3 cups of water. Cook on medium heat until they are soft and mushy. If using a pressure cooker, cook for about 4-5 whistles.
3. Once cooked, mash the millet and dal mixture slightly using a spoon or ladle.
4. In a separate pan, heat the ghee on medium heat. Add the cashews and raisins and sauté until they turn golden brown. Remove from heat and set aside.
5. In the same pan, add the grated jaggery (or brown sugar) along with a little water. Cook on low heat until the jaggery dissolves completely and forms a syrup. Remove from heat.
6. Add the jaggery syrup to the mashed millet and dal mixture. Mix well.
7. Place the pot back on low heat and cook for another 5 minutes, stirring continuously, until the mixture thickens and comes together.
8. Add the cardamom powder and a pinch of salt. Mix well.
9. Finally, add the sautéed cashews and raisins. Stir to combine.
10. Remove from heat and serve the foxtail millet sweet pongal warm.
11. Enjoy your Foxtail Millet Sweet Pongal!

Please note that the nutritional value of Foxtail Millet Sweet Pongal may vary based on the specific brands of ingredients and portion sizes used.

## NUTRITIVE VALUE

Foxtail Millet Sweet Pongal per serving (values can vary based on specific ingredients and portion sizes):

Calories: Approximately 300-350 calories per serving.  
Total Fat: Approximately 10-12 grams.  
Saturated Fat: Approximately 5-6 grams.  
Cholesterol: Approximately 15-20 milligrams.  
Sodium: Approximately 50-100 milligrams.  
Total Carbohydrates: Approximately 45-50 grams.  
Dietary Fiber: Approximately 3-5 grams.  
Sugars: Approximately 20-25 grams.  
Protein: Approximately 5-6 grams.



# Barnyard Millet Dates Milkshake

## INGREDIENTS

1/2 cup barnyard millet  
1 cup milk (dairy or plant-based)  
6-8 dates, pitted  
1 tablespoon honey (optional, for added sweetness)  
1/2 teaspoon vanilla extract (optional)  
A pinch of cinnamon (optional)  
Ice cubes (optional)

## INSTRUCTIONS

1. Rinse the barnyard millet thoroughly under running water. Drain well.
2. Cook the millet according to the package instructions. Typically, you would need to boil it in water for about 15-20 minutes until it becomes soft and cooked. Drain any excess water and let the millet cool.
3. In a blender, combine the cooked barnyard millet, milk, pitted dates, honey (if using), vanilla extract (if using), and cinnamon (if using).
4. Blend the ingredients until smooth and well combined. If desired, add a few ice cubes and blend again to make it chilled.
5. Taste the milkshake and adjust the sweetness by adding more honey or dates if needed.
6. Pour the barnyard millet dates milkshake into glasses and serve immediately.
7. Enjoy your Barnyard Millet Dates Milkshake!

Please note that the nutritional value of Barnyard Millet Dates Milkshake may vary based on the specific brands of ingredients and portion sizes used.

## NUTRITIVE VALUE

An approximate nutritional breakdown of Barnyard Millet Dates Milkshake per serving (values can vary based on specific ingredients and portion sizes):

Calories: Approximately 250-300 calories per serving.  
Total Fat: Approximately 4-6 grams.  
Saturated Fat: Approximately 2-3 grams.  
Cholesterol: Approximately 5-10 milligrams.  
Sodium: Approximately 60-80 milligrams.  
Total Carbohydrates: Approximately 45-55 grams.  
Dietary Fiber: Approximately 3-5 grams.  
Sugars: Approximately 30-35 grams.  
Protein: Approximately 5-7 grams.





# RECIPIES FROM OUR STUDENTS







## ABOUT THE COLLEGE

Government College of Education previously known as Government Post-Graduate Basic Training College. was founded in August 1954 under a special scheme of Government of India for establishment of training colleges for teachers at the post-graduate level. The College has the remarkable tradition of high achievements in the field of teacher education and ranks among the leading colleges of education in the country. It has highly qualified (100% doctorate) and competent faculty and draws the best students from across the country, especially the northern region fortis teacher education programs.

The National Assessment & Accreditation Council (NAAC) had accredited Grade 'A' to this college. The National Council for Teacher Education has sanctioned two units of B. Ed. (50 seats each) and one unit of M Ed (50 Seats) both two years courses, and a Post Graduate Diploma in Guidance and Counselling (PGDGC) with the intake capacity of 20 seats. The College also runs 06 months Pre-Ph.D. course work for research students in the discipline of Education as a recognised Research Centre of Panjab University, Chandigarh.

The college has spacious campus with well-maintained lawns, playgrounds and separate hostels for boys and girls. It has one of the most resourceful libraries in education in general, and Teacher Education in particular in the northern part of India. It provides excellent library facilities to its students and faculty.

A number of dimensions have been added to the teacher training program so as to make it as comprehensive as possible, in light of contemporary changes. The syllabus prescribed by the Panjab University, Chandigarh is enriched by seminars, workshops, community activities, educational tours and numerous modes of other practical work including value-added blended mode courses as per the guidelines of NEP-2020. The institution is forging ahead in the future with its missionary zeal of preparing visionary architects of the human resources of the country with software of excellence embedded creatively with the motto 'Ascend from darkness to Light' ("आरोह तमसो ज्योतिः")।

### GOVERNMENT COLLEGE OF EDUCATION SECTOR 20-D, CHANDIGARH

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