

AI_Agent_for_Digital_Financial_Literacy_Narendra (1).ipynb

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AI Agent for Recipe Generation

Ask about any recipe which tends to utilize all the food and leads to less wastage and that also makes cooking fun and speedy.

Ask questions about your meal

i have a lot of lemon peels , how can i use them?

Clear

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Answer

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Answer

You can make Lemon Peel Pickle as mentioned in the provided recipe. It's a great way to utilize lemon peels that are often discarded. Here's a summary of the recipe:

****Lemon Peel Pickle****

Ingredients:

- Lemon peels (from about 5-6 lemons)
- Salt (to taste)
- Turmeric (1/2 tsp)
- Chili powder (to taste, optional)
- Mustard seeds (1 tsp, roasted)
- Oil (for storage and preservation)

Steps:

1. Remove the outer zest of lemons using a vegetable peeler, avoiding the bitter white pith.
2. Boil the peels in water for about 5 minutes to remove any impurities. Drain and let them dry completely.
3. In a pan, roast the mustard seeds until they splutter. Allow them to cool.
4. In a bowl, mix the dried lemon peels, salt, turmeric, and chili powder (if using).
5. Add the roasted mustard seeds to the lemon peel mixture and toss well.

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3. In a pan, roast the mustard seeds until they splutter. Allow them to cool.
4. In a bowl, mix the dried lemon peels, salt, turmeric, and chili powder (if using).
5. Add the roasted mustard seeds to the lemon peel mixture and toss well.
6. Store the pickle in a clean, dry jar. Pour oil over the mixture to cover it completely, sealing the jar tightly.
7. Shake the jar occasionally to distribute the oil. Let it sit for at least a week before using, as the flavors meld together over time.

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6. Store the pickle in a clean, dry jar. Pour oil over the mixture to cover it completely, sealing the jar tightly.
7. Shake the jar occasionally to distribute the oil. Let it sit for at least a week before using, as the flavors meld together over time.

This pickle can be stored in the refrigerator for several months and is a delicious condiment for various dishes.

Additionally, you can use lemon peels in other recipes such as:

- Lemon Peel Tea (as mentioned in the Apple Peel Tea recipe)
- Lemon Peel Pesto (blend lemon peels with garlic, pine nuts, parmesan, and olive oil)
- Lemon Peel Granola (add lemon zest to your granola mix before baking)

Always remember to thoroughly wash lemons before zesting to remove any dirt or pesticide residue. Happy cooking!

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Ask questions about your meal

i have oats , milk , bread and egg. help me make brunch

Clear Submit

Answer

Given the ingredients you have - oats, milk, bread, and eggs - here are two quick and healthy brunch options for you:

****Option 1: Wholesome Oatmeal with Fruit and Nuts****

Ingredients:

- 1/2 cup oats
- 1 cup milk (or water for a thinner consistency)
- 1/2 cup mixed fruits (like berries, banana slices, or apple)
- A handful of nuts (such as almonds, walnuts, or cashews)
- Sweetener (optional), like honey or maple syrup

Steps:

1. In a pot, combine oats and milk. Bring to a boil, then reduce heat and let it simmer for about 5-7 minutes, stirring occasionally, until the oats are cooked and have a creamy consistency.
2. While the oatmeal is cooking, chop your fruits and nuts.
3. Once the oatmeal is done, remove it from heat and stir in the sweetener if desired.
4. Add the mixed fruits and nuts to the oatmeal, mix well, and serve warm.

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Answer

Storage tip: Any leftover oatmeal can be stored in the fridge for up to 3 days. Reheat gently in a microwave or on the stovetop.

Option 2: Bread and Egg Scramble with Avocado Toast

Ingredients:

- 2 slices of bread
- 2 eggs
- 1 tbsp milk
- Salt and pepper to taste
- 1/4 avocado
- A pinch of red pepper flakes (optional)

Steps:

1. Toast the bread slices until golden brown.
2. In a bowl, whisk the eggs with milk, salt, and pepper.
3. Heat a non-stick pan over medium heat, add a little oil or butter, and pour in the egg mixture. Gently stir and cook until the eggs are fluffy but not dry.

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