



Lactation Boost porridge (OP I)

Serving: 1

Veg

Ingredients

- -Daliya / Ragi / Oats - 2 tbsp
- -1 tsp. Jaggery
- - $\frac{1}{2}$ tsp. Powdered edible gum
- - $\frac{1}{2}$ tsp. Ajwain
- - $\frac{1}{2}$ tsp. roasted flaxseeds
- -1 tsp. Garden cress seeds

Preparation Method

- -Take a non stick pan . If you are using oats to make the porridge you need to roast oats if you are using daliya to make the porridge then no need to roast the daliya . [if you are using ragi or daliya you can directly add it to the boiled milk.]
- -Then add milk and bring it to the boil first. after boiling the milk add Ragi / Oats / Daliya and cook it for 5-10 min.
- -Add jaggery, edible gum powder and roasted flaxseeds in to that, again cook it for 5 min after that add soaked garden cress seeds and ajwain to the porridge .