

■■■■■Raw mango chutney

Raw mango	- 2 medium size
curry leaves	- 4 to 5 pieces
pudina leaves	- 4 to 5 pieces
green chilies	- 2 pieces
coriander leaves	- few
roasted cumin	- ¼ tsp
salt	- as per taste

Method :-

wash the raw mangoes, cut in cubes. Put the chopped mangoes, curry leaves, cumin seeds, green chilies, coriander leaves, pudina leaves altogether, grind a coarse paste. Add salt as per taste and mix it well. Chutney is ready for roti or rice.

Benefits :-

Raw mangoes are beneficial in the treatment of gastrointestinal disorder, dyspepsia, indigestion, constipation, morning sickness. Raw mangoes are rich in Vitamin 'C', hence eating this chutney in the season, prevents from Vitamin 'c' deficiency (scurvy). Raw mangoes are rich in Potassium, which helps in controlling heart rate and blood pressure. Raw mangoes protect from sun stroke in summer.

■■■■■Brown rice Biryani

brown rice	- 80 gms.
carrot chopped	- 50 gms.
green peas	- 20 gms.
soy chunks	- 20 gms. (optional)
french beans	- 20 gms.
green chilly	- 2 nos.
ginger	- small
cumin seeds	- ¼ tsp
oil/ghee	- 1 tsp
salt	- as per taste
coriander	- to garnish

Method :-

Soak brown rice for 2 hours before cooking.
Heat oil/ghee, add cumin seed, green chilies, chopped ginger.
Add carrot, french beans, green peas, soy chunks, saute it.
Add soaked rice, saute it, now add 2 cups of water. Salt as per taste. Cook till rice becomes soft.
Garnish with coriander leaves. Serve hot.

Benefits :-

Brown rice rich in fiber, best health benefits for all, burns fat.
Brown rice contains B complex vitamins compare to polished white rice.

Brown rice rich in minerals, can also reduce the risk of different types of cancer, heart disease, helps in diabetes, digestive - reduces constipation.