

Time	Narration
00:00	Welcome to Spoken tutorial on Vegetarian recipes for Lactating mothers.
00:06	In this tutorial, we will learn about: Importance of nutrition during lactation,
00:12	Preparation of vegetarian recipes such as - Mixed sprouts chilla,
00:18	Garlic, Flaxseed and Sesame chutney,
00:21	Peanut, Spinach and Fenugreek cutlet,
00:24	Pearl millet and Amaranth leaves muthia,
00:27	Sprouted Fenugreek seeds curry.
00:30	During lactation, a mother requires additional amount of nutrition - for milk production,
00:38	to provide enough nutrients for the growing infant and to maintain mother's own health.
00:44	Essential nutrients required during lactation are - Protein,
00:50	Vitamins, Minerals,
00:53	Omega 3 fatty acids and Choline.
00:57	Additionally, sufficient Iodine and Vitamin D intake is also essential.
01:03	Because, Iodine helps in the making of thyroid hormones and growth and neurological development of infant.
01:13	Hence it is recommended to include iodized salt daily to prevent iodine deficiency.
01:20	Similarly, Vitamin D is essential for healthy bones and Calcium absorption.
01:28	The best way to obtain vitamin D is exposure to sunlight between 11.00am to 3.00pm for 15 to 20 minutes.
01:39	After essential nutrients, we will now discuss about mother's diet.
01:44	It is highly recommended to include different vegetables daily.
01:49	Vegetables contain essential nutrients that help in building immunity.
01:55	They are also good sources of antioxidants and they reduce the risk of diseases.
02:02	Although all types of vegetables should be eaten, over here we will discuss a few only such as -
02:10	Capsicum, Spinach,
02:13	Cabbage, Cauliflower,
02:15	Amaranth, Pumpkin,
02:17	Carrot,

	Fenugreek leaves and Brinjal.
02:22	Besides vegetables, we will learn about Galactogogues .
02:27	Galactogogues are substances that help in milk production.
02:31	Mother can get it from diet by including- Garlic, Fenugreek seeds and leaves,
02:37	Fennel seeds, Garden cress seeds,
02:40	Drumstick leaves, Dill leaves and Carom seeds.
02:45	Other than vegetables and Galactogogues , mother should drink 2-3 litres of water daily.
02:52	She should have a glass of boiled and cooled water before every feed.
02:58	After learning all that is important for lactating mother, we will start with the preparation of recipes. The first recipe is - Mixed sprouts chilla.
03:10	To make this chilla, we will need - 1 cup mixed sprouts of bengal gram, green gram and moth beans,
03:18	3 green Chillies, 3 cloves of Garlic,
03:22	½ Onion, ½ cup Gram flour,
03:26	1 tablespoon curd, Salt to taste,
03:29	½ teaspoon Curry leaves powder,
03:32	1 teaspoon Garden cress seeds powder, 2 teaspoons of Ghee.
03:37	To prepare garden cress seeds powder:

	Roast 1 tablespoon of seeds on low to medium heat till they change color.
03:45	Allow the seeds to cool.
03:47	Now, grind them into a powder on a stone grinder or a mixer.
03:53	To make sprouts - Soak Green gram, Bengal gram and moth beans overnight separately.
04:00	Drain it in the morning and tie them in a clean muslin cloth.
04:05	Leave them in a warm place to germinate for 2 days.
04:09	Please note - Moth beans may take longer time to germinate compared to green gram and bengal gram.
04:17	So, plan your recipe accordingly.
	After the sprouts are ready-
04:20	Make a paste of sprouts, garlic, chillies, curd on a stone grinder or mixer.
04:30	Now add gram flour and water and mix it well.
04:34	To this mixture, add- chopped onion, salt, curry leaves powder and garden cress seeds powder.
	After all this preparation is done -
04:42	Heat 1 teaspoon ghee in a pan.
04:48	Pour the mixture and spread it.
04:50	Cook the chilla on medium heat, until both sides are cooked.
04:54	The mixed sprouts chilla is ready.
04:57	In case, the pulses mentioned in this recipe are not available then you may use -
	Black eyed beans,
05:04	Chickpeas,
	Horse gram,
05:07	Soyabean,
	Whole red lentil and
05:10	Kidney beans.
	Please note:
05:13	Duration of sprouting depends upon the type of the pulse and weather conditions.
	This recipe is rich in -
05:20	Protein, Fibre,

05:25	Omega 3 fatty acids, Folate,
05:28	Magnesium, Zinc.
05:31	The second recipe is garlic, flax seed and sesame chutney.
05:36	To prepare it, we need- 3 tablespoons of Flaxseed,
05:40	3 tablespoons of Sesame seeds,
05:43	5 Garlic cloves, 4 Red chillies,
05:46	5 to 6 pieces of soaked Tamarind, Salt to taste,
05:51	½ teaspoon Oil/Ghee.
05:54	First, roast sesame and flax seeds separately. Allow the seeds to cool.
05:59	Next, heat ½ teaspoon oil in a pan and fry garlic and red chilli for 2 minutes.
06:07	After cooling, mix this with the seeds. Add tamarind and salt to it.
06:13	Make a paste on a stone grinder or a mixer by adding water. Chutney is ready.
06:20	In case sesame seeds are not available, you can also use one or a combination of the following:
06:28	Shredded coconut, Peanuts,
06:30	Black sesame seeds, Pumpkin seeds, Sunflower seeds.

06:36	This recipe is rich in - Omega 3 fatty acids, Calcium,
06:41	Folate, Protein,
06:43	Fibre. Zinc
06:46	The third recipe which we will learn to make is - Peanut, spinach and fenugreek cutlet.
06:53	To prepare the cutlets, we need - ½ cup peanut powder, 2 tablespoons Gram flour, 2 tablespoons wheat flour,
07:01	½ cup Spinach chopped, ¼ cup Fenugreek leaves chopped,
07:06	1 tablespoon Coriander leaves, 1 teaspoon Red chilli powder, Salt to taste,
07:13	1 teaspoon Seeds powder, you can use a combination of sesame or flax seeds,
07:19	1 tablespoon Lemon juice,
07:21	1 teaspoon Garlic paste, 4 spoons Oil.
07:26	To make peanut powder- Roast ½ cup peanuts in a pan till they change color and aroma released.
07:33	Allow them to cool. Then rub them in between your palms to remove the outer covering.
07:40	Grind them on a stone grinder or a mixer to a fine powder.

07:44	Now add peanut powder and all the other ingredients in a bowl. Using little water make a dough out of it.
07:53	Divide the dough into 4 portions and shape it into cutlets. Heat a tava, add some oil.
08:00	Cook each cutlet on it, till they turn golden brown on both sides. Peanut cutlets are ready.
08:07	You can eat these cutlets with lemon pickle or gooseberry chutney.
08:12	The Vitamin C present in the lemon will help in the absorption of Iron present in the cutlets.
08:19	This cutlet recipe is rich in - Protein, Iron,
08:24	Folate, Good fats and Potassium .
08:28	The 4th recipe is Pearl millet and amaranth muthia.
08:33	To prepare this, we need - ½ cup Pearl millet flour, 1 small Onion,
08:39	½ cup Amaranth leaves, ½ teaspoon Turmeric powder,
08:44	Salt as per taste, ¼ teaspoon Drumstick leaves powder,
08:49	1 teaspoon Red chilli powder,
08:52	½ spoon mustard seeds, ½ spoon cumin seeds,
08:57	2 teaspoon sesame seeds, 1 teaspoon oil.

09:01	In a bowl take the flour, onion and amaranth leaves.
09:06	Now add turmeric powder, lemon juice and drumstick leaves powder. Mix them well.
09:13	Knead a dough out of it by adding water little by little.
09:17	Apply a little oil on your hands and divide dough into small portions.
09:23	Shape the portions into cylindrical rolls.
09:27	Steam the rolls in a steamer for 10-15 minutes on low to medium heat.
09:33	Let the rolls cool and then cut them in circular pieces.
09:38	Now heat 1 teaspoon oil in a pan.
09:41	Add mustard seeds, sesame seeds and cumin seeds. Once they crackle, add the muthiya pieces.
09:49	Saute the pieces till crisp.
09:51	The Pearl millet and Amaranth leaves muthia is ready.
09:55	In case pearl millet is not available, you can also use Sorghum flour or Finger millet flour.
10:03	This recipe is rich in - Protein,
10:06	Phosphorous, Folate,
10:09	Iron, Fibre,
10:11	Beta carotene and Potassium.
10:15	The last recipe we will see is sprouted Fenugreek seeds curry.
10:20	To prepare this, we need - 1 cup sprouted Fenugreek seeds, 1 medium Onion,
10:27	1 Tomato, Salt to taste,
10:29	1 teaspoon Chilli powder,

	½ teaspoon Turmeric powder,
10:34	1 teaspoon Lemon juice, 1 teaspoon Mustard and Cumin,
10:39	1 teaspoon Oil.
10:41	To make Fenugreek seed sprouts: Soak fenugreek seeds in water overnight.
10:46	Drain the water and tie it in a clean muslin cloth. Set aside for 2 or 3 days till they sprout.
10:53	To make the recipe: In a pan, heat some oil.
10:57	Add mustard and cumin seeds and let it splutter.
11:00	To this, add onion and fry till it changes color.
11:05	Now add the tomatoes and cook till they turn soft.
11:08	Next, add the spices and cook for 2 minutes.
11:12	To this, add fenugreek sprouts and 2 tablespoons water.
11:17	Mix well and close and cook for 6-8 min.
11:21	Turn off the heat and add lemon juice.
11:24	The sprouted Fenugreek seeds curry is ready.
11:28	This recipe is rich in - Protein, Fibre,
11:32	Phosphorus, Calcium,
11:35	Iron and Omega 3 Fatty acid.
11:38	Fenugreek sprouts are excellent galactogogues.
11:42	All the recipes in this tutorial are rich in nutrients which are required for - Milk production,
11:49	Growth and development of the baby and Keeping the mother healthy.
11:55	This brings us to the end of this tutorial

	<p>Thanks for joining.</p>
--	----------------------------