Time	Narration					
00:01						
	In this tutorial, we will learn about:					
$\overline{}$	Calorie requirements.					
	Preparation of some nutritious vegetarian recipes.					
00:20						
	Along with complementary food, babies should be breastfed until 2 years of age.					
	During this period, 550 calories of energy is required everyday.					
00:43						
00:48	A cup is about 250 millilitres or					
00:53	16 tablespoons of food.					
00:57	It should be given five times a day.					
01:01						
01:04						
01:08	To make this recipe, you will need:					
01:12	1 tablespoon roasted bengal gram flour.					
01:16	50 grams curd.					
	1 tablespoon crumbled paneer (unsalted Indian cheese – Bracketed text is only for International languages).					
01:22	1 tablespoon steamed cauliflower.					
01:25						
01:28						
01:30	¼ teaspoon turmeric powder.					
01:33	¼ teaspoon cumin seeds powder.					
01:37	¼ teaspoon chilli powder.					
01:40	$rac{1}{4}$ teaspoon ginger garlic paste.					
01:43	1 teaspoon of ghee.					
01:46	2 pinches of salt.					
01:48	I will first tell you how to make the stuffing for khandvi .					
111115/1	Mix crumbled paneer (unsalted Indian cheese – Bracketed text is only for International languages), steamed cauliflower and peanut powder together.					
02:01	Heat ½ teaspoon ghee in a pan.					
02:05	Saute the mixture on a pan for 5 to 7 minutes.					
02:10	Add cumin seeds powder, chilli powder and a pinch of salt in it.					
02:16						
02:24	Our stuffing is ready.					
02:27	To make the rolls, take curd in a bowl.					
02:31	Add turmeric powder, ginger garlic paste and a little amount of water in it.					
02:39	Add a pinch of salt and mix it well.					
02:42	Add roasted bengal gram flour in it					
02:45						
02:47	Make sure there are no lumps.					

Now pour this batter in a vessel and cook it for 5 to 7 minutes.					
Stir it continuously till it becomes a thick paste. There should not be any lumps in the batter.					
J 1					
Next, apply $\frac{1}{2}$ teaspoon ghee on the backside of a large plate.					
Pour a thin and even layer of the batter across the plate.					
We will call this khandvi .					
Allow the khandvi to cool for some time.					
Now spread a thin layer of the stuffing mixture on this khandvi .					
Next, cut the khandvi into equal-sized strips.					
Then gently roll each strip tightly.					
Stuffed khandvi is ready.					
Our second recipe is kodo millet dosa with sunflower seeds chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages).					
To make this we will need:					
5 grams kodo millet.					
5 grams black gram.					
5 grams roasted sunflower seeds.					
1 tablespoon grated coconut.					
We will also need:					
finely chopped tomato.					
green chilli.					
uice of ½ a lemon.					
½ teaspoon ghee.					
pinches of salt.					
Procedure:					
Wash and soak kodo millet and black gram in water for 7 to 8 hours.					
After soaking, make a fine paste of it in a mixer or stone grinder.					
Keep this batter aside for 8 to 9 hours for fermentation.					
Once the batter is fermented, add a pinch of salt and mix well.					
Next, heat ghee in a pan.					
Pour a spoonful of batter on the pan.					
Spread this batter in a circular shape.					
Let it cook from both sides for 2 to 3 minutes.					
Kodo millet dosa is ready.					
I will now tell you the procedure to make the chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages).					
Take roasted sunflower seeds and grated coconut.					
Add 1 green chill, tomato and a pinch of salt.					
Grind it into a paste in a mixer or a stone grinder.					
Take this out in a bowl.					

05:39	Sunflower seeds chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages) is ready.					
05:42	Serve it with the dosa.					
05:45	Our third recipe is sesame seeds and drumstick leaves cutlet in curd curry.					
05:53	Ingredients required are:					
05:56						
06:00	1 tablespoon roasted bengal gram flour.					
06:04						
06:08						
06:11	½ teaspoon turmeric powder.					
06:14	You will also require:					
06:16	½ teaspoon cumin seeds.					
06:19	½ teaspoon mustard seeds.					
06:23	7 to 8 curry leaves.					
06:25	A pinch of salt.					
06:27	-					
06:29	Procedure:					
06:31	Heat a pan and dry roast sesame seeds until they turn golden in color.					
06:38						
06:44						
06:48	and saute for 5 minutes.					
06:51	Take this out on a plate.					
06:55	Add the sesame seeds powder to the sauteed leaves.					
06:59	Add roasted bengal gram flour,					
07:03	turmeric powder					
07:07	Mix it well.					
07:09	With clean hands knead a dough by adding a little amount of water at a time.					
07:15	Then divide the dough into 2 balls and flatten it into cutlets.					
07:21	Next heat ½ teaspoon ghee in a pan.					
07:25	Now roast the cutlets in this pan until both sides are cooked.					
07:32	Keep them aside for later use.					
07:35	We will now make the curry.					
07:37	Heat ½ teaspoon ghee in a steel pot.					
07:41						
07:47	Once the seeds splutter, add whisked curd and turmeric powder.					
07:53	Cook this for 5 minutes.					
07:56	Once the gravy is cooked add sesame seeds cutlets.					
08:02	Let it cook for 3 to 5 minutes on a low flame.					
08:06	Sesame seeds and drumstick leaves cutlet in curd curry is ready.					
08:12	Next recipe is foxtail millet pulao.					
08:16	Let us look at the ingredients required:					

Stabisspoon sprouted black-eyed beans.	08:20	1 tablespoon soaked foxtail millet.					
08:28 50 grams curd. 08:30 2 teaspoons grated carrot. 08:35 1 small chopped onion. 08:41 4 teaspoon turmeric powder. 08:42 4 teaspoon chilli powder. 08:47 4 teaspoon chilli powder. 08:51 Other ingredients required are: 08:53 7 to 8 curry leaves. 08:56 A pinch of salt and 08:58 1 teaspoon ghee. 09:01 Before we begin, I will tell you the procedure for sprouting. 09:07 Wash and soak black-eyed beans in water for 8 to 9 hours. 09:13 Later, put it in a strainer and rinse it thoroughly with water. 09:14 Let all the water drain out and then tie it in a clean cotton cloth. 09:26 We will start making the recipe now. 09:27 We will start making the recipe now. 09:32 Add onion and curry leaves. 09:33 Saute it for 4 to 5 minutes on a low flame. 09:40 Next, add sprouted black eyed beans, foxtail millet, carrot and curd. 09:50 Now, add all the spices and salt in it. 09:51 Mix it well. 09:52 Add 1 cup of water and mix again. 10:00 Pressure cook this for 4 to 5 whistles. 10:01 Our foxtail millet pulao is ready. 10:10 Our foxtail mill		_					
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10:04 Our foxtail millet pulao is ready. 10:08 All these recipes are rich in protein 10:11 and omega-3 fatty acids. 10:14 These recipes are a source of vitamin B complex, phosphorus, 10:19 potassium and 10:21 zinc. 10:23 They are also a rich source of calcium, 10:26 magnesium, 10:28 iron and 10:30 sulphur. 10:31 Include these recipes in your baby's daily diet for good health.	09:56	Add 1 cup of water and mix again.					
10:08 All these recipes are rich in protein 10:11 and omega-3 fatty acids. 10:14 These recipes are a source of vitamin B complex, phosphorus, 10:19 potassium and 10:21 zinc. 10:23 They are also a rich source of calcium, 10:26 magnesium, 10:28 iron and 10:30 sulphur. 10:31 Include these recipes in your baby's daily diet for good health.	10:00	Pressure cook this for 4 to 5 whistles.					
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10:30 sulphur.10:31 Include these recipes in your baby's daily diet for good health.	10:26	magnesium,					
10:31 Include these recipes in your baby's daily diet for good health.	10:28	iron and					
	10:30	sulphur.					
	10:31	Include these recipes in your baby's daily diet for good health.					
	10:38						

	Thanks for joining.		