

Time	Narration
00:00	Welcome to the spoken tutorial on Vegetarian recipes for 7 month old babies
00:07	In this tutorial, we will learn about Importance of complementary feeding for 7 month old babies and
00:17	How to prepare vegetarian recipes such as Jackfruit seeds porridge
00:22	Horse gram Amaranth leaves porridge
00:25	Amaranth Black eyed beans porridge
00:28	Fenugreek leaves and beans porridge
00:31	and Kodo millet Bengal gram porridge
00:35	Let's begin, during 1st year, When baby starts crawling & moving, her growth is rapid.
00:43	The energy requirements of the baby also increases.
00:48	6-8 months old babies require up to 200 calories from complementary feeds.
00:54	The quantity of food given should be increased gradually.
00:59	Also remember that - breastfeeding is utmost important along with sufficient complementary feeding.
01:07	Therefore, When the baby completes seven months, start giving half cup of complementary food thrice a day.
01:16	Half cup is about 125 millilitres or 8 tablespoons of food.
01:22	By now the baby is comfortable with various food items.
01:28	As she started complementary food when she became 6 months old.
01:33	Now start introducing a combination of foods to the baby.
01:38	Note that- Only mashed and pureed form of food should be given.
01:44	Make sure that - the consistency of baby's food is thick enough and not at all watery.
01:52	While preparing the baby's food - always use local and seasonal ingredients.
01:59	Also remember to add various nutritious powders such as- powder of nuts and seeds powder of sprouted beans
02:07	curry leaves powder drumstick leaves powder
02:11	This has been explained in another tutorial of the same series.
02:16	Do not add salt in baby's food until the baby turns one
02:21	Do not add sugar, jaggery in baby's food until the baby turns two.
02:27	Now, we will look at - A few vegetarian recipes which can be used as complementary food for the baby.
02:35	Our first recipe is jackfruit seeds porridge.
02:39	Ingredients required are: 15-20 Jackfruit seeds One small banana or ½ Banana
02:48	Coconut milk or breast milk
02:50	One teaspoon powdered nuts and seeds

02:53	To prepare Jackfruit seeds porridge- Wash jackfruit seeds thoroughly.
	Take these seeds in a steel pot.
02:58	Add water till seeds get covered.
03:05	Pressure cook it until 5-6 whistles.
	Take out these seeds on a plate and
03:09	Allow them to cool for some time.
03:15	Then peel them to remove the outer covering.
03:20	Next, make a puree using a mixer or a stone grinder.
03:25	Along with this, peel a ripe banana and mash it using a spoon.
03:32	Now mix mashed banana and jackfruit seeds puree together.
03:37	Add 2 tablespoons of coconut milk or breast milk in it.
03:41	Add powder of nuts and seeds in it.
03:45	Mix it well.
03:47	Cook this mixture for 3-4 minutes on a low flame.
03:52	The Jackfruit seeds porridge is ready.
03:55	This jackfruit seeds porridge is rich in - Protein
03:59	Omega 3 fatty acids
04:02	Potassium and Phosphorus
04:06	The second recipe is Horse gram, amaranth leaves porridge.
	To prepare this, we will need: 2 tablespoons Horse gram powder
04:11	2 cups washed Amaranth leaves
	¼ teaspoon of curry leaves powder
04:19	½ teaspoon ghee
04:24	Method: First, soak the Horse grams in water for 7 to 8 hours.
04:31	After which put it in a strainer and rinse it thoroughly with water,
04:37	Let all the water drain out. Now tie it in a clean cotton cloth and keep it aside until it sprouts.
04:47	Dry this sprouted Horse gram in sunlight for a day or two.
	Roast it on a low flame for 8-10 minutes.
04:52	Let it cool.
	Then grind it and make a powder of it.
04:58	This entire process is known as malting .
05:05	Simultaneously, Heat ghee in a pan.
05:09	Add washed Amaranth leaves in it.

05:13	Saute it for 4-5 minutes and let it cool
05:17	And make a puree of it using a mixer or a stone grinder.
05:22	Next, Add 2 tablespoons water in Horsegram powder.
05:28	Mix it well so that lumps are not formed.
05:32	Cook this thin paste on a low flame for 6-7 minutes.
05:37	Now, add Amaranth leaves puree in this horse gram paste and mix it well.
05:43	Cook it for the next 2-3 minutes on a low flame.
05:48	Add curry leaves powder in it and mix again.
05:52	Remove it from the flame and our Horse Gram Amaranth leaves porridge is ready.
05:59	This porridge is rich in - Protein Omega 3 fatty acids Calcium
06:05	Phosphorus, Iron and Potassium
06:10	Please note that one can use - any locally available beans and leafy vegetables to make such porridges.
06:20	Always try to combine beans with various millets and grains such as- Sorghum, Ragi, Kodo millet etc.
06:31	This combination provides complete protein to the baby.
06:35	You can either add malted powders of these grains and millets in the baby's food or
06:42	You can add cooked millet sprouts in such porridges in mashed form.
06:48	The third recipe is Amaranth Black eyed beans porridge.
06:53	Ingredients required are: 2 tablespoons malted Amaranth powder
06:59	2 tablespoons sprouted Black eyed beans puree and ¼ teaspoon drumstick leaves powder
07:06	Method: For making malted Amaranth powder- follow the instructions as explained in the earlier recipe of the same tutorial.
07:17	Then, take sprouted Black eyed beans in a steel pot and Pressure cook it until 4 to 5 whistles.
07:26	Now make a puree of this cooked Black eyed beans.
07:30	Then, take two tablespoons of malted amaranth powder in a bowl. Add sufficient water in it.
07:38	Mix it well to avoid lump formation.
07:42	Cook this thin paste of Amaranth powder for 2-3 minutes on a low flame. Add the pureed Black eyed beans in it.

07:52	Mix it well and cook it for 4-5 minutes. Remove it from the flame.
07:58	In the end, add ¼ teaspoon of drumstick leaves powder in this cooked porridge. And Amaranth Black eyed beans porridge is ready.
08:09	This Amaranth Black eyed beans porridge is rich in- Protein Omega-3 fatty acids
08:17	Phosphorus Magnesium
08:19	Iron Potassium and Calcium
08:24	One can use a combination of the following sprouted ingredients to make such porridges- Ragi Sorghum
08:32	Moth beans Bengal grams etc.
08:37	The fourth recipe is - Fenugreek leaves and beans porridge.
08:41	Ingredients needed are: 2 cups washed and trimmed Fenugreek leaves 1 teaspoon of ghee
08:49	2 tablespoons of fresh coconut paste
08:52	2 tablespoons of powder of sprouted beans
08:56	To make a powder of beans- follow the instructions which have been discussed in another tutorial of the same series.
09:04	Method: Heat 1 teaspoon of ghee in a pan.
09:09	Add Fenugreek leaves and saute it for 2-3 minutes.
09:13	Transfer it to a clean plate and allow it to cool for some time.
09:18	Then, make a puree of it using a grinder or a mixer.
09:23	Cook this puree on a low flame for a minute. Add 2 tablespoons of powdered beans in it.
09:31	Mix it well to avoid lump formation.
09:34	Add a little amount boiled and cooled water in it, if required.

09:40	Now add 2 tablespoons of coconut paste in it.
09:44	To make coconut paste- take freshly grated coconut and grind it to the paste.
09:51	Then cook this mixture for next 7-8 minutes on a low flame with continuous stirring
09:58	And Fenugreek leaves and beans porridge is ready.
10:03	This Fenugreek leaves and beans porridge is rich in- Protein Omega-3 fatty acid
10:10	Folate Iron
10:12	Calcium Phosphorus
10:14	Zinc and Potassium
10:16	While preparing this recipe do not forget to add grains or combine it with various grains and millets as explained earlier.
10:27	The fifth recipe is Kodo millet Bengal gram puree.
10:32	Ingredients: 2 tablespoons Kodo millet
10:35	2 tablespoons sprouted Bengal gram
10:38	3 tablespoons coconut milk 1 teaspoon ghee
10:43	Method: Take 2 tablespoons of Kodo millet in a steel pot.
10:48	Wash it thoroughly. Then, add 3-4 tablespoons of water in it.
10:55	Pressure cook it until 3-4 whistles.
10:58	Meanwhile, Pressure cook sprouted Bengal grams until 4-5 whistles.
11:04	Then make a puree of it.
11:07	Heat 1 teaspoon of ghee in a steel pot.
11:10	Add cooked Kodo millet, Bengal gram puree and coconut milk in it. Mix it well.
11:18	Cook it for next 4-5 minutes and let it cool Now, Kodo millet Bengal gram puree is ready.
11:27	This puree is rich in- Protein, Iron
11:30	Phosphorus

	Magnesium
11:33	Calcium and Potassium
11:37	<p>This brings us to the end of this tutorial</p> <p>Thanks for joining.</p>