

Time	Narration
00:00	Welcome to the spoken tutorial on vitamin C rich uncooked recipes.
00:07	This tutorial is about the preparation of some vitamin C rich recipes.
00:14	Vitamin C is a water soluble vitamin.
00:18	It plays a very important role in several body functions.
00:23	It is required for healing of wounds
00:26	and maintaining a healthy skin.
00:29	It helps in fighting infections and other diseases.
00:35	Vitamin C also enhances the absorption of iron in the body.
00:41	Deficiency of vitamin C can result in scurvy ,
00:45	fatigue, low immunity, etc.
00:50	So, adequate intake of vitamin C rich food in our daily diet is essential.
00:57	Vitamin C is present in most of the fruits
01:01	and vegetables.
01:04	Citrus fruits and gooseberry are excellent sources of vitamin C .
01:10	However, it gets easily destroyed by heat.
01:15	For maximum benefit, it is best to take vitamin C rich food raw.
01:21	In this tutorial, I will teach you some uncooked vitamin C rich recipes.
01:28	Cooked vitamin C rich recipes will be explained in another tutorial.
01:33	The first recipe we will see is guava chutney (sauce made of fruits or vegetables or nuts or seeds – Bracketed text is only for International languages).
01:37	To prepare this recipe, you will need:
01:41	50 grams or 1/2 guava
01:45	½ cup or a handful of washed coriander leaves
01:49	3 green chillies
01:51	1 teaspoon cumin seeds
01:54	½ lemon Salt to taste
01:58	Procedure: Cut the guava into small pieces.
02:03	Grind all the ingredients in the mixer along with the lemon juice.
02:08	You can add a little water to make a smooth paste.
02:13	Guava chutney (sauce made of fruits or vegetables or nuts or seeds – Bracketed text is only for International languages) is ready.
02:16	1/4 cup of this chutney (sauce made of fruits or vegetables or nuts or seeds – Bracketed text is only for International languages) will have about 110 milligram of vitamin C .
02:23	This chutney (sauce made of fruits or vegetables or nuts or seeds – Bracketed text is

	only for International languages) can also be made with other vitamin C rich fruits.
02:28	For example: gooseberry,
02:31	raw mango, carvindah,
02:33	raw papaya, etc.
02:36	Our second recipe is raw mango and peanut salad.
02:41	For this, you need:
02:43	50 grams or 1 small raw mango
02:47	1 gooseberry
02:50	1 tomato ¼ cup or a handful of roasted peanuts
02:55	½ cup or a handful of washed coriander leaves
02:59	1 lemon
03:00	1 green chili
03:02	Add salt according to your taste.
03:05	Procedure:
03:07	Wash, peel and de seed the raw mango.
03:11	Finely chop the raw mango, gooseberry and tomato.
03:16	In a bowl, take the chopped raw mango, gooseberry and tomato.
03:23	Add peanuts, green chili
03:26	and salt.
03:29	Squeeze one lemon into it and mix well.
03:33	Raw mango and peanut salad is ready.
03:36	One bowl of this salad gives approximately 77 milligrams of vitamin C .
03:44	Our next recipe is baby fenugreek leaves salad.
03:48	For this, you need:
03:50	75 grams or 3-4 bundles of baby fenugreek leaves
03:54	1 tablespoon fresh coconut
03:57	1 tablespoon small yellow lentils
04:01	½ tomato 1 green chili
04:04	1/2 lemon
04:06	You also need salt to taste
04:08	Procedure:

	Soak small yellow lentils in water overnight.
04:14	Cut 1 inch of roots of the baby fenugreek leaves and discard them.
04:19	Wash the fenugreek leaves thoroughly.
04:22	Place them on a clean cloth.
04:25	This will absorb all the excess water from the leaves.
04:29	Chop the leaves and put them in a bowl.
04:33	Add chopped tomatoes and green chili.
04:37	Then add chopped coconut and soaked small yellow lentils.
04:42	To this add salt and lemon juice.
04:46	Crush it coarsely using a mortar and pestle.
04:50	Baby fenugreek leaves salad is ready.
04:53	One bowl of this salad will give around 70 milligrams of vitamin C .
04:59	Our next recipe is gooseberry pickle.
05:02	To prepare this, you need:
05:05	1 gooseberry 2-3 green chillies
05:09	½ cup or a handful of washed coriander leaves
05:13	1-2 cloves of garlic
05:15	Salt to taste
05:17	Procedure: Deseed the gooseberry and chop it.
05:22	Chop the chillies and coriander leaves.
05:24	Add salt.
05:26	Crush all the ingredients coarsely in a mortar and pestle.
05:30	Gooseberry pickle is ready.
05:33	It can be taken 1 to 2 times a day with your meals.
05:38	2 tablespoon of this pickle has about 88 milligrams of vitamin C .
05:44	Moving on to our last recipe which is cabbage salad.
05:48	To prepare this salad, you need:
05:50	100 grams or ¼ cabbage
05:53	½ tomato
05:55	½ cup or a handful of washed coriander leaves
05:59	1 green chili
06:01	1 lemon
06:03	1 tablespoon of roasted and crushed peanuts
06:07	You will also need ½ teaspoon dry mango powder
06:10	and salt to taste.
06:14	Procedure:

	Shred or chop the cabbage finely.
06:18	Chop the tomato also.
06:20	Take the chopped cabbage, tomato, coriander leaves and green chilly in a bowl.
06:28	Next, add the roasted and crushed peanuts.
06:32	Now, add salt and dry mango powder.
06:36	Mix everything well.
06:38	Squeeze a lemon on top.
06:40	Cabbage salad is ready.
06:43	One bowl of this salad will give about 60 milligrams of vitamin C .
06:48	All these recipes have a good amount of vitamin C .
06:53	Try to include vitamin C rich food in your daily diet for good health.
06:58	This brings us to the end of the tutorial. Thank you for joining