

Time	Narration
00:00	Welcome to the <b>Spoken Tutorial</b> on vegetarian recipes for pregnant women.
00:07	In this tutorial, we will learn about:
00:10	The importance of a nutrient dense diet.
00:13	A few nutritious vegetarian recipes.
00:17	First, let us understand the importance of a nutrient dense diet.
00:23	The nutrient requirements during pregnancy increases.
00:28	This is mainly for the development of the cells.
00:32	Nutrient dense diet supports the growth and development of the fetus.
00:38	Therefore, it is important to consume a well nourished diet.
00:43	A well nourished diet helps to prevent complications during pregnancy.
00:48	The diet should be rich in proteins,
00:51	good fats, vitamins
00:53	and minerals.
00:55	Eating a nutrient dense diet may provide relief from nausea and constipation.
01:02	It also reduces the risk of anaemia,
01:05	pregnancy diabetes
01:07	and hypertension.
01:09	It also reduces the chance of low birth weight baby
01:13	and premature delivery.
01:16	Apart from a good diet, ensure to drink 8 to 10 glasses of water everyday.
01:22	Along with intake of nutritious diet, its nutrient absorption is also important.
01:29	Phytates, oxalates and tannins present in the food affect nutrient absorption.
01:36	Nutrient absorption can be enhanced by using various cooking techniques.
01:42	For example: soaking,
01:45	sprouting, roasting
01:47	and fermentation.
01:48	Steaming, sauteing
01:50	and boiling are some other examples.
01:54	To enhance the nutrient content, we can also use various nutritious powders.
02:01	Powder of either drumstick leaves,
02:03	curry leaves or nuts and seeds can be used.

02:07	The method to prepare these powders has been explained in another tutorial.
02:12	Please visit our website for more details.
02:15	Healthy weight gain throughout 9 months of pregnancy is essential.
02:20	It is recommended to avoid sugar,
02:23	jaggery, processed
02:25	and ready to eat foods.
02:28	Avoid caffeine, alcohol
02:30	and tobacco.
02:32	Do not consume medicine without a doctor's approval.
02:36	More about this has been explained in another tutorial.
02:40	Now let us begin with the first recipe which is black eyed bean idli.
02:46	To prepare this recipe we will need 2 tablespoons of each:
02:50	Whole pearl millet
02:52	Whole foxtail millet
02:54	We will also need 1 tablespoon each of
02:57	Sprouted black eyed bean
02:59	sprouted whole bengal gram
03:01	Fenugreek seeds
03:03	Roasted Sunflower seeds
03:05	We will also require 1/4th tablespoon of each
03:10	Drumstick leaves powder Curry leaves powder
03:13	Nuts and seeds powder
03:15	and Salt
03:17	First start with sprouting black eyed bean and whole bengal gram.
03:22	I will explain the procedure for sprouting.
03:25	Soak black eyed beans and whole bengal gram, separately overnight.
03:31	Drain it in the morning and tie them separately in a muslin cloth.
03:36	Leave them in a warm place to germinate for 2 days.
03:40	Remember that different beans take different time to sprout.
03:45	When sprouts are ready soak the millets and fenugreek seeds together.
03:50	Soak them for 6 to 8 hours or overnight.
03:55	Drain and grind millets with sunflower seeds and sprouts into a smooth batter.
04:01	For grinding you can use a stone grinder or a mixer.
04:06	After grinding, keep it covered to ferment overnight or for 6 to 8 hours.
04:13	Before cooking, add salt and all other powders to the batter and mix well.

04:19	Grease the idli mould and pour the batter into it.
04:24	Place it in the cooker or a steamer and cook for 10-12 minutes.
04:29	OR You can fill 1/4th of the cooker with water and steam without the whistle.
04:35	Remove the idlis after 7 to 8 minutes and serve hot.
04:41	This recipe is rich in protein,
04:45	calcium and Iron.
04:47	It is also rich in folate,
04:50	magnesium and potassium.
04:53	The next recipe is millet khichdi.
04:56	To make this, we will need 1 tablespoon of each
05:01	Whole Barnyard millet Sprouted pearl millet
05:04	Sprouted soyabean
05:06	1 chopped onion 1 chopped carrot
05:09	1 chopped beetroot
05:11	We will also need 1 tablespoon each of
05:15	Grated fresh coconut
05:17	and Poppy seeds
05:19	We will also require
05:21	½ cup of curd
05:23	A 1/4th teaspoon of each ingredient
05:26	Turmeric powder, Coriander
05:28	and Cumin seeds powder.
05:30	Cumin seeds,
05:32	Drumstick leaves powder, Curry leaves powder,
05:35	Salt to taste, and
05:37	1 tbsp of Oil or ghee.
05:40	Note that, I soaked pearl millet and soyabean separately for sprouting.
05:46	One ingredient may take longer to sprout or both may sprout at the same time.

05:52	In my case, soyabean took longer to sprout.
05:57	Soak barnyard millet for 6 to 8 hours in water.
06:01	Drain the water and keep it aside.
06:04	Heat oil in a pressure cooker and add cumin seeds.
06:09	Now, add all the vegetables, sprouted millets, sprouted soyabean and curd.
06:17	Add the grated coconut, poppy seeds, salt, powders and all the dry spices.
06:23	Mix well.
06:25	Next, add 1 cup of water.
06:28	Pressure cook the khichdi for 2 whistles.
06:32	Once done, serve hot.
06:35	This recipe is rich in proteins,
06:38	good fats, vitamin-A
06:40	and calcium.
06:42	It is rich in minerals like iron,
06:45	folate, magnesium
06:47	and phosphorus.
06:49	Our third recipe is moong wrap.
06:53	For this recipe we will need:
06:55	Malted ragi flour- ¼ cup
06:58	Bengal gram flour- 1 tbsp
07:01	Sprouted Moong- ½ cup
07:04	Crumbled paneer- ¼ cup
07:06	Chopped onion- 1 tbsp
07:08	Chopped tomato- 1 tbsp
07:12	We will also need 1/4th teaspoon of each:
07:15	Turmeric powder
07:17	Coriander and cumin seeds powder
07:19	Cumin seeds Curry leaves powder
07:22	Drumstick leaves powder
07:24	1 tbsp of Oil or ghee
07:27	We will also need half lemon
07:29	and salt to taste.
07:32	Procedure

	Sprout the moong as mentioned earlier in this tutorial.
07:37	To prepare the malted ragi flour, soak the ragi overnight.
07:42	Now tie them in a muslin cloth and keep it for 6-8 hours or overnight.
07:48	Once it sprouts, dry roast the ragi sprouts on an iron skillet.
07:54	After this, grind it using a grinder to make flour and then keep it aside.
08:01	Heat oil on an iron pan
08:04	Add cumin seeds, dry spices and powders.
08:09	Add chopped onions and tomatoes and saute it till soft.
08:14	Next, add sprouted moong and let it cook for 10 mins.
08:19	Add paneer and salt and cook for 5 to 10 mins.
08:24	Add ¼ cup of water and allow it to cook for another 5-10 mins.
08:30	Turn off the flame and allow it to cool.
08:34	Now add lemon juice and keep the mixture aside.
08:38	Next, mix the malted ragi flour and bengal gram flour in a bowl.
08:44	Add lukewarm water and prepare a dough.
08:48	Now roll out round shaped parathas.
08:51	Cook the parathas on both sides on an iron pan.
08:56	Place the paratha on a plate and add the moong mix in between the paratha.
09:02	Now roll them into a wrap and serve.
09:05	This recipe is rich in protein
09:07	and good fats.
09:10	It is also a source of calcium,
09:12	iron, folate,
09:14	magnesium and zinc.
09:16	Apart from the millets mentioned here, you can use other millets and grains.
09:22	For example: Sorghum,
09:24	kodo millet, broken wheat
09:26	or whole wheat.
09:28	Likewise, you can use other sprouts as well.
09:32	For example: sprouted chickpeas,

09:35	sprouted green peas or
09:37	sprouted moth beans.
09:39	Besides the seeds mentioned, you can also use other locally available seeds.
09:46	For example: sesame seeds,
09:48	pumpkin seeds,
09:50	flax seeds and Garden cress seeds.
09:53	Include all these recipes for a healthy pregnancy and good health of the baby.
10:00	This brings us to the end of this tutorial. Thank you for joining.