

Time	Narration
00:00	Welcome to the spoken tutorial on nutritious vegetarian recipes for kids parties.
00:08	In this tutorial, we will learn about:
00:11	Importance of good nutrition.
00:15	Preparation of some healthy recipes.
00:19	Good nutrition during childhood is very important.
00:24	This is a phase of rapid growth and development.
00:29	Both physical and mental development takes place during this period.
00:35	It is necessary to encourage children to eat healthy food.
00:41	Healthy food should be eaten during regular days,
00:46	celebrations and parties too.
00:50	For example: during birthdays,
00:53	picnics, get-togethers, etc.
00:58	During such celebrations, children often eat junk food.
01:03	They may get addicted to it
01:06	and ask for the same on a regular basis.
01:11	Hence it is best to avoid junk foods in parties also.
01:17	Harmful effects of junk food are explained in detail in another tutorial.

01:24	Please visit our website for more details.
01:29	Food during a celebration or at a party does not have to be unhealthy.
01:36	With a little effort and planning, healthy food can be served.
01:42	The presentation of the food is important as well.
01:46	Children are more likely to eat it, if it looks good.
01:51	Thus, food should be colourful and appealing to them.
01:56	There are a lot of healthy recipes that are delicious and also easy to make.
02:03	Let's look at some of these recipes.
02:07	Every kids party needs a cake, so our first recipe is finger millet cupcake.
02:16	To make this recipe we will need:
02:19	30 grams or 2 tablespoons finger millet flour.
02:25	50 millilitres of milk.
02:28	2 tablespoons melted salted butter.
02:33	1 tablespoon cocoa powder.
02:36	Paste of 5 grounded or pounded seedless dates.
02:43	We will also need: 5 chopped almonds.
02:48	5 chopped cashews.
02:51	½ teaspoon baking powder.
02:54	¼ teaspoon baking soda.
02:57	Procedure:
02:59	Take a bowl and place a sieve on it.

03:03	Add finger millet flour, cocoa powder, baking powder and baking soda.
03:11	Sieve everything together.
03:14	To this add melted butter and mix well.
03:18	Now add milk gradually
03:22	and make a smooth batter.
03:25	Add the paste of dates and mix again.
03:29	Grease the cupcake moulds with some oil.
03:33	Pour the prepared batter into the moulds.
03:37	Add chopped nuts on top of the batter.
03:41	Add ½ cup of salt to the pressure cooker.
03:45	Place a stand inside the cooker.
03:49	Make sure not to add water in the cooker.
03:53	Preheat the pressure cooker for 10 minutes without a whistle and gasket.
04:00	After 10 minutes place the mould on the stand .
04:05	Close the lid and cook this for 25 minutes on a low flame.
04:11	Check if they are cooked by inserting a toothpick.
04:16	If the toothpick comes out clean, remove them from heat and let them cool.
04:23	If it does not come out clean, cook for another 10 minutes.
04:29	Once cooled remove them from the mould and serve.
04:35	The next recipe is baked sweet potato strips.
04:40	To make this recipe, you need:
04:43	1 medium sized sweet potato.
04:47	2 teaspoons oil.
04:50	½ teaspoon red chilli flakes.

04:53	½ teaspoon chaat masala.
04:56	Salt to taste.
04:58	You can even add oregano to it.
05:02	Procedure: Wash and peel the sweet potatoes.
05:07	Cut them into vertical sticks.
05:10	In a bowl, take oil and other spices.
05:15	Put the sweet potato sticks into this bowl.
05:19	Now, coat the spices on each stick evenly.
05:25	Place a sheet of butter paper on the baking tray.
05:29	Put the sweet potato sticks on it with a distance of ½ inch from each other.
05:38	Preheat the oven to 200 degrees.
05:42	Bake them for 15 minutes.
05:45	Flip the sides and bake again for 15 minutes.
05:51	Baked sweet potato strips are ready.
05:56	Our next recipe is curd and pomegranate lollipop.
06:02	To make this, we will need:
06:05	100 grams or 1 small cup curd.
06:10	½ small cup pomegranate seeds.
06:15	Procedure: In a bowl, add the curd and whisk it until smooth.
06:21	To this add the pomegranate seeds and mix well.
06:26	Pour this mixture into popsicle moulds and
06:30	freeze it for 4 to 6 hours.

06:35	If you do not have a mould you can pour it in a glass.
06:40	Place an icecream stick or spoon
06:43	and freeze it for 4 hours.
06:46	Remove it from the freezer.
06:49	Dip the mould in warm water and demould.
06:54	Curd and pomegranate lollipops are ready.
06:58	Our last recipe is roasted bengal gram powder buttermilk.
07:04	To make this, we will need:
07:07	2 tablespoons roasted bengal gram.
07:11	2 tablespoons curd.
07:13	Salt to taste.
07:16	A few washed and chopped mint leaves.
07:20	A pinch of cumin powder.
07:23	Procedure: Grind the roasted bengal gram into powder.
07:28	In a bowl or glass whisk the curd until smooth.
07:34	Add 1 and 1/2 tablespoons of roasted bengal gram powder to this.
07:41	Mix well without any lumps.
07:45	To this add 1 glass of water and mix again.
07:49	Add a pinch of salt and cumin powder and mix again.
07:55	Transfer this to a serving glass
07:58	and garnish with mint leaves.
08:01	Roasted bengal gram powder buttermilk is ready.
08:06	All these recipes are rich in protein ,

08:10	good fats ,
08:12	calcium ,
08:14	folate and magnesium .
08:17	They are also rich in iron ,
08:21	potassium and phosphorus .
08:24	This brings us to the end of the tutorial. Thank you for joining.