00:01 00:08 00:08 00:09	Time	Narration
00:14 amylase powder 00:17 powder of seeds 00:19 powder of nuts and seeds 00:20 powder of nuts and seeds 00:21 powder of curry leaves 00:26 and powder of drumstick leaves There are various nutritious powders which can be made at home without much effort. 00:29 00:36 These powders have nutrients which support the growth and development of infants. 00:42 It is recommended that: These powders should be given to the baby when she completes 6 months of age. 00:51 Whenever any powder is introduced to a baby- 00:54 It should be added in baby's food for 3 or 4 consecutive days. 00:59 After 3 or 4 days, introduce a new powder to the baby. 10:05 These two powders can be mixed but both powders should have been tried individually and the baby should not have had any allergies like rashes or swelling on the face and the body.  Whenever any powder containing allergens such as nuts is introduced to the child, then- 01:19 wait for 10 minutes and then gradually feed it to the child. 01:36 Please, do not add salt in baby's food till she turns one. 01:41 Also, do not include sugar and jaggery until the baby is 2 years of age. 01:42 Now let's learn how to make these nutritious powders at home. 01:54 The recipes in this tutorial have been made using the following methods- Soaking 02:00 Roasting 02:00 germination 02:05 and cooking Cooking may include any one or combination of following methods:	00:01	
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Steaming   and boiling	02:12	dry roasting
02:14 and bolling  02:17 All these methods will reduce Phytates and Oxalates in the food which prevents absorption of minerals from the food  02:26 and will improve nutrient absorption from the food.  02:30 Now, let's begin with our first recipe:  Amylase powder  02:33 But first, let us discuss the benefits of it-  02:39 Amylase is an enzyme or chemical required for the digestion of food.  10:45 It is produced in a limited amount in the baby's body.  10:50 This powder provides additional amylase and  10:53 Init powder provides additional amylase powder should be given to the baby.  10:50 Thus, amylase rich flour or amylase powder should be given to the baby.  10:50 Ingredients required for making Amylase powder are-  10:51 Vac up of Wheat  10:51 Vac up of Wheat  10:51 Vac up of Ragi  10:51 Procedure:  10:51 Procedure:  10:51 Prist, soak all the items separately in water for around 10 hours.  10:52 Soaking will improve the moisture content of ingredients.  10:52 After 10 hours remove all the items.  10:53 After 10 hours remove all the items.  10:53 After 10 hours remove all the items.  10:53 After 10 hours remove all the items.  10:54 Prist, soak all the items and let all the water drain out.  10:53 Neep them aside till they sprout.  10:54 Prist, process is called Germination.  10:55 Owne will take longer time and  10:55 Owne will take a shorter period of time for germination.  10:55 After germination dry them in the sunlight for a day or two.  10:56 After germination dry them in the sunlight for a day or two.  10:57 After drying, roast all the items on a low flame till they completely dry off.  10:58 Remember:  10:59 After drying, roast all the items on a low flame till they completely dry off.  10:59 After drying, roast all the items on a low flame till they completely dry off.  10:50 After drying, roast all the items on a low flame till they completely dry of		
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04:35 And the Amylase powder is ready. 04:39 Store this Amylase powder in an airtight container. 04:49 thick dals 04:54 One can add 1 teaspoon of Amylase powder in various baby food before cooking such as- 04:49 thick dals 04:54 Otherwise, one can also make a porridge of Amylase powder. 04:55 1 teaspoon of Amylase powder gives 05:02 around 18 calories and 05:04 0.6 grams of protein 05:07 Amylase powder has some unique properties which makes it special for a baby. 05:10 1 tecreases the thickness of the food. 05:11 It decreases the thickness of the food. 05:12 Next, we will learn the recipe for powder of seeds. 05:27 This powder is rich in Zinc, 05:31 fibre, 05:33 These nutrients help in bone development and improve the strength of the baby. 05:43 Also this powder is a source of good fat which supports brain development in children. 05:50 The three different seeds required to make this powder are- 05:51 ½ cup of Flax seeds and 05:52 ¼ cup of Flax seeds and 05:53 ½ cup of Flax seeds and 05:59 ¼ cup of Flax seeds and 05:50 Once cooled, make a powder of all roasted items. 06:10 Once cooled, make a powder of all roasted items. 06:11 Once cooled, make a powder of all roasted items. 06:22 around 30 calories and 06:26 2.7 grams of protein. 06:30 Our next recipe is powder of nuts and seeds.	04:30	Now make a powder of this mixture using the grinder.
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06:34	This powder is rich in minerals such as Zinc,
<del></del>	Magnesium,
_	Iron, etc.
	These minerals play a major role in production of red blood cells.
	Also, this powder is a source of good fat which supports brain development in children.
	The ingredients required for making a powder of nuts and seeds are-
	½ cup of peanut
	½ cup of dried shredded coconut.
	½ cup of flax seeds and
	½ cup of black sesame seeds
	Procedure:
07:08	One by one dry roast all the seeds and nuts on a medium flame for around 4 to 6 minutes.
07:16	Then, make a powder of all the roasted seeds by using a stone grinder or a mixer grinder.
07:23 H	Keep this powder in an airtight container.
07:26 1	1 teaspoon of this powder can be added in the baby's food before cooking.
I	It provides-
07:32	around 28 calories and
07:35	0.9 grams of <b>protein</b>
07:38	Now we will learn the recipe for powder of Beans.
07:42	This powder is rich in ' <b>Potassium,</b>
I	Protein,
07:45 I	Folate,
07:47 N	Magnesium, <b>etc.</b>
07:49	These nutrients help in bone development and improve the strength of the baby.
07:54	They are also required for the production of red blood cells in our body.
07:59 I	Ingredients required for making powder of Beans are:
08:02 1	½ cup of Green Gram,
08:05 1	½ cup dried Green Peas,
08:07 1	½ cup of Chickpeas and
08:09 1	½ cup of Moth beans
I	Procedure:
08:11 F	First soak all the items in water separately for 10 hours.
08:17	Soaking will improve the moisture content of ingredients.
08:20 <i>A</i>	After 10 hours remove all the items.
08:23 I	Keep them in a sieve and let all the water drain out.
08:27	Then, one by one tie all the beans in a clean and dry cotton cloth.

08:34	This entire process is called germination.
08:38	Please note: As we discussed earlier, the duration of germination will be different for each ingredient.
08:45	After germination dry them in the sunlight for a day or two.
08:50	Then, roast all the beans on a medium flame till they completely dry off.
	During roasting,
08:55	continuous stirring is required.
08:59	It will avoid burning of all ingredients.
	After roasting-
09:02	separate outer cover of all dried beans by rubbing between clean hands.
09:09	Now grind all the beans together and make a powder of it.
09:13	Keep this powder in an airtight container.
09:16	Two teaspoons of this powder should be added to the baby's food during cooking.
09:21	Two teaspoons of this powder provide
09:23	Around 33 calories and
09:26	1.8 grams of Protein.
09:28	Next, we will learn the recipe for powder of curry leaves:
09:32	Curry leaves are rich in <b>fibre</b> ,
	Iron,
09:34	Calcium
09:36	and Vitamin C.
09:38	All these nutrients play a vital role in digestion and tooth development.
09:43	Also they boost the immunity of the baby.
	We will need-
09:46	Curry leaves for making this powder.
	Procedure-
09:49	Wash curry leaves thoroughly in clean water.
09:53	Let them dry under the shade.
09:55	Then, make a powder of these dried curry leaves and
09:58	store this powder in an airtight container.
10:01	½ teaspoon of this powder can be added in baby's food before cooking.
	It gives around 9 milligrams of <b>calcium</b> .
10:10	Next let's learn, how to make the powder of Drumstick leaves-
10:15	This powder contains a good amount of <b>Calcium</b> ,
10:18	Iron,

	Vitamin C,
	Vitamin A,
10:20	Protein
10:22	and Sulphur.
10:23	These nutrients are required for the development of gums
10:27	and the healthy eyes of the baby.
10:30	They fight against infection and improves the strength of the baby.
10:35	We will require drumstick leaves for making this powder.
	Procedure-
10:39	First wash all the drumstick leaves thoroughly in clean water.
10:45	Dry these leaves under the shade.
10:47	Now make a powder of these dried drumstick leaves
10:50	and store this powder in an airtight container.
10:54	.1/4 teaspoon of this powder should be added to the baby's food before cooking.
10:59	.It will provide around 5 milligrams of <b>Calcium</b> .
11:03	Apart from these always remember the following-
11:07	Curry leaves powder and drumstick leaves powder should be given with <b>Calcium</b> rich food such as-
11:13	roasted Sesame seeds
11:15	sprouted Chickpeas
11:17	sprouted Bengal gram, etc.
11:20	Once the baby completes 9 months,
11:23	these powders can be given with curd.
11:26	Also, one can use any local and seasonal nuts, seeds and beans for making these powder recipes.
11:34	Don't forget to add these powders in every meal of your baby.
11:38	And each powder should be added before cooking as the powder needs to be cooked along with the meal.
11:47	This brings us to the end of this tutorial.  Thanks for joining