

Time	Narration
00:00	Welcome to the spoken tutorial on nutritious vegetarian snacks recipes for children.
00:07	In this tutorial, we will learn about:
00:10	Importance of nutrition in children.
00:13	Preparation of some snacks recipes for children.
00:17	Childhood is a period between infancy and adolescence.
00:22	It is a period of rapid physical and mental development.
00:28	During this period, children must eat a wide variety of nutritious foods.
00:34	This will ensure that their growing body's requirements are met.
00:39	Inadequate nutrition during childhood can have some adverse effects.
00:45	For example: restricted growth and poor immune system.
00:51	There can also be a risk of various nutritional deficiencies.
00:56	For example: anemia and rickets .
01:00	Hence, it is important that children eat nutrient-dense food.
01:06	They should be encouraged to eat healthy food from a young age.
01:12	Let us look at the preparation of some tasty and nutritious snacks.
01:19	Our first recipe is yummy sorghum and soya dosa with sesame seeds mix.
01:26	To make this recipe, you will need:
01:29	1.5 tablespoons of soya bean.
01:33	2 teaspoons of sorghum.
01:36	2 teaspoons of split black gram.
01:39	1 teaspoon fenugreek seeds.
01:42	To make the sesame seeds mix you will need:
01:45	2 teaspoons roasted bengal gram.
01:48	2 teaspoons split black gram.
01:51	2 teaspoons sesame seeds.
01:54	2 dry red chillies.
01:57	1 sprig curry leaves.
01:59	salt to taste.
02:01	You will also need 1 teaspoon oil or ghee.
02:05	Wash and soak sorghum, split black gram and soyabeans for 8 hours.
02:12	Soak fenugreek seeds as well in the same vessel.
02:17	After 8 hours, grind them into a smooth batter.
02:21	Transfer this batter into a bowl.
02:24	Keep this bowl in a warm place to ferment for 7 to 8 hours.
02:30	After it ferments, heat a pan.
02:33	Dry roast, red chillies and curry leaves till they become crisp.
02:39	Keep them aside to cool.
02:41	In the same pan, roast split bengal gram, split black gram and sesame seeds.
02:49	Roast them until they turn light brown in color.
02:54	Keep this aside to cool.
02:57	Once cooled, grind them into a fine powder.

03:01	We will use this later.
03:04	Now add salt to the fermented batter
03:07	and mix well.
03:09	Heat oil or ghee in a pan.
03:12	Pour the batter and spread it evenly to make a dosa.
03:17	Once the dosa is partially cooked, add 2 teaspoons of the prepared powder over it.
03:24	Cover with a lid until the dosa is cooked.
03:28	Yummy sorghum and soya dosa is ready.
03:32	If sorghum is unavailable you can use barnyard millet or foxtail millet.
03:39	Instead of soyabean, cowpea or chickpeas can be used.
03:44	The next recipe is bengal gram chatlets (cutlet or tikki in Hindi -Bracketed text is only for International languages).
03:48	To make this recipe, you will need:
03:52	50 grams bengal gram sprouts.
03:55	40 grams or 1.5 tablespoon curd.
04:00	1 small shredded carrot.
04:03	1 small finely chopped onion.
04:06	15 grams or 1 tablespoon roasted gram flour.
04:11	20 grams sesame seeds.
04:14	You will also require:
04:16	½ teaspoon turmeric powder.
04:18	1 teaspoon chilli powder.
04:21	1 teaspoon ginger garlic paste.
04:24	2 teaspoons oil or ghee.
04:27	Salt to taste.
04:29	Before we begin, I will tell you the procedure for sprouting.
04:34	Wash and soak bengal gram overnight or for 6 to 8 hours in water.
04:40	Later, drain the water and tie bengal gram in a clean muslin cloth.
04:46	Keep it in a warm place for 6 to 8 hours
04:50	and allow it to sprout.
04:53	When the bengal gram sprouts, pressure cook them for 3 whistles.
04:58	Keep it aside until the pressure is released and allow it to cool.
05:04	Next, take them in a bowl and mash them well.
05:08	To this, add onion, carrot and roasted gram flour and mix well.
05:16	Now, add spices, salt, ginger garlic paste and curd.
05:22	Mix all the ingredients and make 4 balls out of it.
05:27	Flatten the balls into cutlets.
05:30	Coat these cutlets with sesame seeds and keep it aside.
05:35	Heat oil or ghee in a pan.
05:39	Shallow fry the cutlets until both sides turn golden brown in color.

05:45	Bengal gram chatlets (cutlets or tikki in Hindi -Bracketed text is only for International languages) are ready.
05:48	If bengal gram is not available you can use moth beans or cowpeas.
05:55	Green gram or soyabean can also be used.
06:00	Next recipe is sprouted cowpea paratha (stuffed flat bread -Bracketed text is only for International languages).
06:05	For this recipe, you will need:
06:08	1/4 cup wheat flour.
06:10	2 tablespoons sprouted cowpea.
06:13	1 tablespoon sesame seeds.
06:16	1 green chilli.
06:18	1 teaspoon cumin seeds,
06:21	½ teaspoon turmeric powder.
06:25	will also need: Salt to taste.
06:28	2 teaspoons oil or ghee.
06:31	First, using a mixer, make a coarse paste of sprouted cowpeas with green chilli.
06:38	If the mixer is not available you can use a stone grinder.
06:44	Heat oil in a pan, add cumin seeds and then sesame seeds.
06:50	Saute till they change color.
06:53	Add the cowpea paste and saute for another 2 minutes.
06:59	Then add salt and turmeric powder and cook for 5 minutes.
07:05	Keep it aside to cool.
07:07	I will now tell you how to make a paratha (stuffed flat bread -Bracketed text is only for International languages).
07:11	Take flour in a bowl.
07:13	Knead a dough out of it by adding sufficient water.
07:18	Flatten the dough using a rolling pin.
07:21	Place the cowpea paste on the flattened dough.
07:25	Cover from all sides.
07:28	Dust some flour and roll it into a paratha.
07:32	Heat a pan and cook the paratha on both sides by applying ghee or oil.
07:39	Sprouted cowpea paratha (stuffed flat bread -Bracketed text is only for International languages) is ready.
07:43	Instead of cowpea you can also use moong (green gram -Bracketed text is only for International languages) or green peas.
07:49	Our next recipe is delicious sprouted moong (green gram -Bracketed text is only for International languages) wrap.
07:54	For this recipe we will need:
07:57	½ cup sprouted moong (green gram -Bracketed text is only for International languages).
07:59	¼ cup malted finger millet flour.
08:03	1 tbsp bengal gram flour.
08:06	¼ cup crumbled paneer (unsalted Indian cheese – Bracketed text is only for

	International languages).
08:09	1 tbsp chopped onion.
08:11	1 tbsp chopped tomato.
08:14	We will also need 1/4th teaspoon of each:
08:19	Turmeric powder.
08:20	Coriander and cumin seeds powder.
08:23	Cumin seeds. Curry leaves powder.
08:27	Drumstick leaves powder.
08:29	Other than the ingredients mentioned, we will also need:
08:34	Half lemon. 1 tbsp of oil or ghee.
08:38	Salt to taste.
08:40	First is the procedure to prepare powder of curry leaves and drumstick leaves.
08:47	Wash the leaves and dry them in shade.
08:51	Later, powder them in a mixer or grinder.
08:55	Store the powder in a clean and dry bottle.
09:00	To prepare the malted finger millet flour, soak finger millet overnight.
09:06	Later, tie them in a muslin cloth and keep it in a warm place for 6-8 hours.
09:13	Once it sprouts, dry roast the finger millet sprouts on an iron skillet.
09:19	Allow it to cool.
09:22	After this, grind it using a grinder to make flour and then keep it aside.
09:28	Heat oil in a separate iron pan.
09:32	Add cumin seeds, dry spices and powders.
09:36	Add chopped onions and tomatoes and saute till they become soft.
09:43	Next, add sprouted moong (green gram -Bracketed text is only for International languages) and let it cook for 10 mins.
09:48	Add paneer (unsalted Indian cheese – Bracketed text is only for International languages) and salt.
09:50	Cook for 5 to 10 minutes.
09:53	Add ¼ cup of water and allow it to cook for another 5-10 mins.
10:00	Turn off the flame and allow it to cool.
10:04	Now add lemon juice and keep the mixture aside.
10:09	Next, mix the malted finger millet flour and bengal gram flour in a bowl.
10:15	Add lukewarm water and prepare a dough.
10:19	Now roll out round parathas (stuffed flat bread -Bracketed text is only for International languages).
10:23	Cook the parathas on both sides on an iron pan.
10:27	Place the paratha on a plate and put moong mix in the center of the paratha.
10:34	Roll them into a wrap and serve.

10:38	If moong (green gram -Bracketed text is only for International languages) is unavailable you can use moth beans or kidney beans.
10:44	The next recipe is sprouted soybean cutlet.
10:48	Ingredients required for this recipe are:
10:51	¼ cup soybeans.
10:54	¼ cup split bengal gram.
10:57	½ beetroot. ¼ cup boiled peas.
11:01	2 tablespoon roasted peanut powder.
11:04	1 teaspoon roasted gram flour.
11:08	Other ingredients required are:
11:10	1 teaspoon coriander powder.
11:13	½ teaspoon red chilli powder.
11:15	½ teaspoon dry mango powder.
11:18	2 tablespoon sesame seeds.
11:21	1 teaspoon oil.
11:24	Salt to taste.
11:26	Begin with sprouting the soybeans as explained earlier in this tutorial.
11:32	Remember to wash and drain the soybeans 2-3 times daily until sprouts appear.
11:40	This will avoid spoilage of soybeans.
11:44	It may take around 3-4 days for soybeans to sprout.
11:50	Once the soybeans start to sprout, soak the split bengal gram overnight.
11:57	Strain it the next day in a strainer.
12:00	In a pressure cooker, cook split bengal gram and sprouted soybeans together.
12:07	Add one cup of water and cook until one whistle.
12:12	Allow the pressure to release and then let it cool.
12:16	Blend soybeans and split bengal gram together to make a thick paste.
12:23	Now take the thick paste of grounded soybeans and split bengal gram in a bowl.
12:30	Add grated beetroot and boiled peas.
12:35	Then add roasted peanut powder and gram flour.
12:39	Add the rest of the spices and mix well.
12:43	Now make small round cutlets out of it.
12:47	Coat the cutlets evenly with sesame seeds on all sides.
12:53	Heat oil in a pan and cook the cutlets on both the sides.
12:58	Soybean cutlet is ready.
13:01	If soybean is unavailable then cowpeas can be used in this recipe.
13:07	The next recipe is tasty finger millet dosa:
13:12	To prepare this recipe, you will need:
13:15	¼ cup or 30 grams malted finger millet powder.
13:21	¼ cup or 30 grams split black gram.
13:26	½ teaspoon fenugreek seeds.
13:29	½ teaspoon roasted flax seed powder.

13:33	1 tablespoon curd.
13:35	Salt to taste.
13:37	1 teaspoon oil or butter
13:40	Prepare the malted finger millet powder using the procedure mentioned earlier.
13:46	When the powder is ready, keep it aside for later use.
13:51	Now soak split black gram and fenugreek seeds for 3-4 hours.
13:57	Grind it by adding some water to make a smooth batter.
14:02	Now add finger millet powder that we prepared earlier.
14:07	Also add the roasted flax seed powder in the batter.
14:12	Add curd and salt, then mix well.
14:16	Cover the batter and keep it overnight to ferment.
14:21	Once the batter rises, you can add a little water to adjust the consistency.
14:27	Heat oil in a pan and spread it all over using half an onion.
14:34	Drop a spoonful of batter to the pan and spread it in a circular motion.
14:40	Cook on slow flame on both the sides.
14:44	Tasty finger millet dosa is ready.
14:48	Instead of finger millet you can also use pearl millet or sorghum.
14:54	Our last recipe is raw mango and crunchy peanut salad.
15:00	You will need: 50 grams or 1 small raw mango.
15:05	1 tomato.
15:07	Handful of roasted peanuts.
15:10	Handful of coriander leaves.
15:12	1 lemon.
15:14	1 green chilli.
15:16	Salt to taste.
15:18	I will now tell you the procedure:
15:21	Wash, peel and deseed the raw mango.
15:24	Chop the raw mangoes and tomatoes finely.
15:28	In a bowl, take the chopped raw mangoes and tomatoes.
15:33	Add peanuts, green chilli and salt.
15:37	Squeeze one lemon on it.
15:40	Mix well.
15:42	Raw mango and crunchy peanut salad is ready.
15:47	You can use any seasonal fruit instead of raw mango to make this recipe.
15:54	All these recipes are good sources of various nutrients .
15:59	Include these recipes in your daily diet for good health.
16:04	This brings us to the end of the tutorial. Thanks for joining.