

Time	Narration
00:00	Welcome to the spoken tutorial on nutritious vegetarian recipes for pregnant women.
00:07	In this tutorial, we will learn about:
00:10	Importance of nutrient-dense diet during pregnancy.
00:15	Preparation of a few vegetarian recipes.
00:19	Nutrient content of these recipes.
00:23	First let us understand the importance of nutrition during pregnancy.
00:30	During pregnancy, a woman's body goes through physical
09:34	and hormonal changes.
00:37	The body's nutritional needs increase.
00:42	What a woman eats is a source of nourishment for the growing foetus also.
00:50	Thus, the pregnant women should follow a healthy diet.
00:55	The diet should be rich in proteins , good fats, vitamins and minerals .
01:02	It will help in preventing any complications during pregnancy.
01:08	For example: pregnancy diabetes, hypertension, anemia.
01:15	It may provide relief from nausea and constipation.
01:20	Not consuming adequate nutrients, can retard the development of the foetus.
01:27	The chances of premature delivery
01:30	and low birth weight babies can increase.
01:34	Hence, a nutrient rich diet is recommended during pregnancy.
01:40	Aside from eating well, adequate water intake is necessary.
01:46	Water helps in reducing the risk of urine infections.
01:51	It also reduces constipation.
01:55	Hence, ensure to drink 8-10 glasses of water everyday.
02:01	Alcohol, drugs and smoking should be avoided during pregnancy.
02:08	These increase the risk of miscarriage and premature baby.
02:13	Apart from intake of nutritious diet, its absorption is also important.
02:19	Food has anti-nutrients like oxalates , phytates and tannins .
02:26	Their presence affects nutrient absorption by the body.
02:31	Nutrient absorption can be enhanced by various cooking techniques.
02:37	For example: soaking, sprouting, roasting and fermentation.
02:44	Steaming, sauteing and boiling are some other examples.
02:50	Let us start with the preparation of our first recipe now.
02:55	To make sprouted cowpea cutlet, the ingredients required are:
03:00	¼ cup sprouted cowpea,
03:03	¼ cup amaranth leaves,
03:06	1 small chopped onion,
03:08	¼ cup roasted bengal gram flour
03:11	and 1 teaspoon ginger garlic paste.
03:14	You will also need spices such as:
03:17	1 teaspoon coriander powder,
03:20	¼ teaspoon turmeric powder
03:23	and ¼ teaspoon chilli powder.

03:26	Other ingredients required are:
03:29	¼ teaspoon curry leaves powder,
03:32	¼ teaspoon drumstick leaves powder
03:35	and ¼ teaspoon nuts and seeds powder.
03:39	Preparation of these powders have been discussed in another tutorial.
03:44	Please visit our website for more information.
03:48	You will also require:
03:50	1 tablespoon oil or ghee
03:53	and salt to taste.
03:56	Before we begin, I will tell you the procedure for sprouting the cowpea.
04:01	Wash and soak the cowpea overnight or for 6 to 8 hours in water.
04:08	Later drain the water and tie it in a clean muslin cloth.
04:13	Keep it in a warm place for 6 to 8 hours and allow it to sprout.
04:19	In the same way, you can sprout chickpeas,
04:22	soybeans,
04:24	moth beans, etc.
04:27	Let us proceed with preparation of the cutlet now.
04:31	Pressure cook the sprouted cowpea with 1 cup of water for two whistles.
04:37	Once cooked, keep aside to cool.
04:40	After it is cooled mash the cowpea.
04:44	Except oil, mix rest all ingredients with the mashed cowpea.
04:50	Divide the mixture in small portions and shape it into small flattened cutlets.
04:56	Now, grease the pan with oil.
05:00	Shallow fry the cutlets on both sides till light brown in colour.
05:05	Sprouted cowpea cutlets are ready.
05:08	This recipe consists of protein , good fats, calcium , magnesium and potassium .
05:17	It is rich in other nutrients like iron , zinc and folate as well.
05:25	If cowpea is unavailable, you can use other locally available beans.
05:30	For example: chickpea,
05:33	soybeans or moth beans.
05:36	Instead of amaranth leaves, other green leafy vegetables can also be used.
05:42	For example: Spinach,
05:45	Fenugreek leaves, Agathi leaves,
05:48	Drumstick leaves.
05:50	Let us now proceed to the next recipe which is mixed pulses uttapam.
05:56	For preparation of this recipe we will need:
06:00	1 tablespoon split red gram,
06:03	1 tablespoon of green gram,

06:06	1 tablespoon of bengal gram,
06:09	2 tablespoons of split black gram,
06:12	1 tablespoon of barnyard millet
06:15	and 1 tablespoon of little millet.
06:18	Other ingredients required are:
06:21	1 tablespoon of chopped tomato,
06:23	1 tablespoon of chopped carrot,
06:26	1 tablespoon of chopped capsicum,
06:29	1 tablespoon of chopped onion,
06:32	1 teaspoon of ginger garlic paste
06:35	and 1 teaspoon of fenugreek seeds.
06:39	Spices which will be required are:
06:41	½ teaspoon coriander powder,
06:44	½ teaspoon cumin powder
06:46	and ½ teaspoon red chilli powder.
06:50	Other ingredients required are:
06:52	¼ teaspoon nuts and seeds powder,
06:56	¼ teaspoon drumstick leaves powder
06:59	and ¼ teaspoon curry leaves powder.
07:02	Take 1 tablespoon of oil or ghee
07:05	and salt to taste.
07:08	Procedure:
	First wash all the pulses, barnyard and little millet properly and soak them overnight.
07:16	You can either soak them separately or all together.
07:20	Soak the fenugreek seeds as well.
07:23	Then grind the pulses, barnyard and little millet into a smooth batter.
07:29	Grind fenugreek seeds along with pulses.
07:33	Keep it covered overnight in a warm place for fermenting.
07:39	Once the batter rises add other ingredients and mix well.
07:44	Grease an iron pan with oil or ghee.
07:48	Pour the batter on the pan in circular shape and make uttapam.
07:53	Allow to cook on medium flame on both sides.
07:57	Once done serve hot.
07:59	This recipe is rich in protein , good fats, vitamin A , calcium and magnesium .
08:08	It is also rich in nutrients like iron , zinc , folate and phosphorus .
08:16	Let us begin with our last recipe bottle gourd steamed dumplings.
08:22	In order to prepare this recipe you will need:
08:25	¾ cup grated bottle gourd,
08:28	2 tablespoon sprouted sorghum,
08:31	2 tablespoon sprouted pearl millet
08:34	and 1 tablespoon roasted bengal gram flour.

08:37	You will also need: 1 tablespoon chopped coriander leaves,
08:42	1 tablespoon roasted peanuts powder
08:45	and 1 teaspoon of sesame seeds.
08:48	Other ingredients required are:
08:50	¼ teaspoon turmeric powder,
08:53	¼ teaspoon coriander powder,
08:56	¼ teaspoon chilli powder,
08:59	¼ teaspoon drumstick leaves powder,
09:03	¼ teaspoon curry leaves powder,
09:06	1 tablespoon of oil or ghee
09:09	and salt to taste.
09:12	Sprout sorghum and pearl millet as per the process mentioned previously.
09:18	Please note that different ingredients take different time to sprout.
09:23	For this recipe, sorghum and pearl millet sprouted at the same time.
09:29	Upon sprouting roast them on medium flame.
09:32	Allow them to cool.
09:35	Later, grind them into a coarse powder.
09:38	Except oil and sesame seeds, mix all the ingredients together.
09:44	Add 1-2 teaspoons of water if needed to make a dough.
09:50	Now spread oil on your palms.
09:53	Divide the dough to form two long dumplings.
09:57	Next, add water in a pressure cooker.
10:00	Place a small stand inside the cooker to keep a plate on it.
10:05	Place these dumplings on the plate in the pressure cooker.
10:08	Cook them for 15 to 20 mins without a whistle on the lid.
10:14	Allow it to cool, and let it rest for 10 mins.
10:19	Then cut them in circular shape.
10:22	Now, add little oil on the pan.
10:25	Place the dumplings on the pan and shallow fry on both the sides.
10:30	Make sure they are crispy and golden brown in colour.
10:34	Remove and garnish with roasted sesame seeds and serve.
10:38	This recipe is rich in protein , fats, calcium , iron , zinc , and folate .
10:47	It is a rich source of vitamins like vitamin A and vitamin C .
10:54	This brings us to the end of this tutorial. Thanks for joining.