

Time	Narration
00:01	Welcome to the Spoken tutorial on Nutritious powder recipes for 6 to 24 month old children.
00:08	In this tutorial we will learn various recipes of nutritious powders such as-
00:14	amylase powder
00:17	powder of seeds
00:19	powder of nuts and seeds
00:22	powder of beans
00:24	powder of curry leaves
00:26	and powder of drumstick leaves
00:29	There are various nutritious powders which can be made at home without much effort.
00:36	These powders have nutrients which support the growth and development of infants.
00:42	It is recommended that:
00:44	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.
01:05	These two powders can be mixed but both powders should have been tried individually
01:10	and the baby should not have had any allergies like rashes or swelling on the face and the body.
01:19	Whenever any powder containing allergens such as nuts is introduced to the child, then-
01:26	start with the small portion such as the tip of a teaspoon
01:31	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.
01:47	Now let's learn how to make these nutritious powders at home.
01:52	But before that keep in mind-
01:54	The recipes in this tutorial have been made using the following methods-
02:00	Soaking Roasting
02:03	germination
02:05	and cooking
02:07	Cooking may include any one or combination of following methods:

02:12	dry roasting
02:14	steaming and boiling
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:
02:33	Amylase powder But first, let us discuss the benefits of it-
02:39	Amylase is an enzyme or chemical required for the digestion of food.
02:45	It is produced in a limited amount in the baby's body.
02:50	This powder provides additional amylase and
02:53	increases nutrient content and absorption from the food in which it is added.
02:59	Thus, amylase rich flour or amylase powder should be given to the baby.
03:05	Let's learn the recipe for Amylase powder.
03:08	Ingredients required for making Amylase powder are-
03:13	½ cup of Wheat
03:15	½ cup of Green Gram and
03:17	½ cup of Ragi
03:19	Procedure: First, soak all the items separately in water for around 10 hours.
03:25	Soaking will improve the moisture content of ingredients.
03:29	After 10 hours remove all the items.
03:33	Keep them in a strainer and let all the water drain out.
03:38	Then, one by one tie all the ingredients in a clean and dry cotton cloth.
03:43	Keep them aside till they sprout.
03:46	This process is called Germination.
03:49	Note that-
03:51	Some items will take longer time and
03:53	Some will take a shorter period of time for germination.
03:57	Here, Ragi will take longer time than other ingredients.
04:02	After germination dry them in the sunlight for a day or two.
04:07	After drying, roast all the items on a low flame till they completely dry off.
04:14	Remember: During roasting, continuous stirring is required.
04:20	Next, separate the outer cover of all items by rubbing between clean hands.
04:26	After removing the outer cover, mix all the ingredients.

04:30	Now make a powder of this mixture using the grinder.
04:35	And the Amylase powder is ready.
04:39	Store this Amylase powder in an airtight container.
04:43	One can add 1 teaspoon of Amylase powder in various baby food before cooking such as-
04:49	thick dals
04:51	vegetable puree and khichdi
04:54	Otherwise, one can also make a porridge of Amylase powder.
04:59	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.
05:13	It decreases the thickness of the food.
05:16	Hence, more amylase powder can be added in baby's food.
05:20	As it reduces the bulk of the baby's food and makes it nutrient-dense.
05:27	Next, we will learn the recipe for powder of seeds.
05:31	This powder is rich in Zinc, fibre,
05:35	Magnesium and Calcium.
05:38	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-
05:54	½ cup of black Sesame seeds,
05:57	½ cup of Flax seeds and
05:59	½ cup of raw Pumpkin seeds
06:02	Procedure: One by one dry roast all the seeds on a low flame for around 4 to 5 minutes.
06:10	Once cooled, make a powder of all roasted items.
06:14	Keep this powder in an airtight jar.
06:18	One teaspoon of this powder should be added to the baby's food just before cooking.
06:23	It will provide- around 30 calories and
06:26	2.7 grams of protein.
06:30	Our next recipe is powder of nuts and seeds.

06:34	This powder is rich in minerals such as Zinc,
06:37	Magnesium,
06:39	Iron, etc.
06:41	These minerals play a major role in production of red blood cells.
06:46	Also, this powder is a source of good fat which supports brain development in children.
06:53	The ingredients required for making a powder of nuts and seeds are-
06:58	½ cup of peanut
07:00	½ cup of dried shredded coconut.
07:02	½ cup of flax seeds and
07:05	½ cup of black sesame seeds
07:08	Procedure: 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	Keep this powder in an airtight container.
07:26	1 teaspoon of this powder can be added in the baby's food before cooking.
07:32	It provides- around 28 calories and
07:35	0.9 grams of protein
07:38	Now we will learn the recipe for powder of Beans.
07:42	This powder is rich in ' Potassium,
07:45	Protein, Folate,
07:47	Magnesium, etc.
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	Ingredients required for making powder of Beans are:
08:02	½ cup of Green Gram,
08:05	½ cup dried Green Peas,
08:07	½ cup of Chickpeas and
08:09	½ cup of Moth beans
08:11	Procedure: First soak all the items in water separately for 10 hours.
08:17	Soaking will improve the moisture content of ingredients.
08:20	After 10 hours remove all the items.
08:23	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.
08:32	Keep them aside till they sprout.

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.
08:55	During roasting, continuous stirring is required.
08:59	It will avoid burning of all ingredients.
09:02	After roasting- 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 fibre ,
09:34	Iron, 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.
09:46	We will need- Curry leaves for making this powder.
09:49	Procedure- 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	¼ teaspoon of this powder can be added in baby's food before cooking.
10:07	It gives around 9 milligrams of calcium .
10:10	Next let's learn, how to make the powder of Drumstick leaves-
10:15	This powder contains a good amount of Calcium ,
10:18	Iron ,

	Vitamin C,
10:20	Vitamin A, 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.
10:39	Procedure- 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 Calcium.
11:03	Apart from these always remember the following-
11:07	Curry leaves powder and drumstick leaves powder should be given with Calcium 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