

Super Cereals food (Khichadi/Bisibelebath) (Easily digestible Carbohydrates)

Ingredients

- Rice or Wheat
less than 20 to 25 %
- Leached Vegetables
more than 60%
- Chopped Onion-1
- Coriander Paste-1 tbsp
- Green Chilli-3
- Ginger and Garlic Paste-1tbsp
- Mint Leaves Paste-1 tbsp
- Pulses : Should be less than 5 to 10% of the recipe (any pulses except red gram and horse gram) separately cook and add to the preparations because the boiling point for pulses is more)
- Curry Leaves-8-10 leaves
- Garam Masala-One pinch
- Turmeric Powder- ¼ tsp
- ½ tea spoon ghee or cold pressed oil



Preparation Guide

- Rinse and wash the rice or wheat and pulses
- Separately cook pulses and add to the vegetables and other ingredients in the preparations because the boiling point for pulses is more.
- Put all the ingredients in a pressure cooker.
- Cook on a high flame for 3 to 4 whistles or until the khichadi is cooked (In other words, boil it for 20 to 25 minutes).
- Put tadka with very little oil, mustard and curry leaves.

NOTE. The ratio between rice or wheat and leafy vegetables should be 1:3. Do not add salt, fats or oils.