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## How to prepare super cereals food with defined herbs for chronic kidney disease patients

It maintains a ratio of cereals, pulses, and vegetables and leafy vegetables as a balanced diet. ( More intake of cereals rice, wheat will increase the creatinine as they have 14% protein. Cereals Super food



Super Cereals

### Ingredients –

Note – The ratio between rice or wheat and leafy vegetables should be 1:4 . Do not add salt, fats or oils.

- |                            |   |                                      |
|----------------------------|---|--------------------------------------|
| 1. Rice or Wheat           | - | less than 25%                        |
| 2. Leached Vegetables      | - | more than 60% (Except green banana)  |
| 3. Chopped Onion           | - | 1                                    |
| 4. Coriander Paste         | - | 1 tablespoon                         |
| 5. Green Chili             | - | 3                                    |
| 6. Ginger and Garlic Paste | - | 1 tablespoon                         |
| 7. Mint Leaves Paste       | - | 1 tablespoon                         |
| 8. Moong Dal               | - | Should be less than 5% of the recipe |
| 9. Curry Leaves            | - | 8-10 leaves                          |
| 10. Garam Masala           | - | One pinch                            |
| 11. Turmeric Powder        | - | ¼ teaspoon                           |
| 12. Tea                    | - | ½ to 1 tea                           |



### Preparation –

10. Rinse and wash the rice or wheat and the Moong Dal.
11. Put all the ingredients in a pressure cooker.
12. Cook on a high flame for 3-4 whistles or until the kichidi is cooked. ( In other words, boil it for 20 to 25 minutes).