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How to prepare super cereals food with defined herbs

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.

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|----------------------------|---|--------------------------------------|
| 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).