

A collage of various healthy food items including sliced papaya, walnuts, almonds, granola, and baked goods like bread and cookies, arranged around a central yellow rectangle.

# HEALTHY FOOD

Healthy Lifestyle



[www.newmother.in](http://www.newmother.in)

Ingredients -

- 2 tsp ragi (finger millet) flour,
- 2 1/2 tsp powdered jaggery / palm sugra,
- 2 cups water

### METHOD

1. In a medium saucepan, bring water (1 1/2 cup) to a rapid boil.
2. In a separate bowl, make a paste of ragi flour using the remaining 1/2 cup water, without any lumps.
3. add the paste to the boiling water and stir continuously to prevent lumps from forming, and also to make sure the mixture does not stick to the bottom of the pan.
4. cook on low heat for 4 - 5 mins. when the raw smell disappears, add the jaggery or palm sugar, and cook for 2 more mins.
5. remove from heat, allow it to cool and serve warm.