

# DALIA PORRIDGE



## INGREDIENTS:



• **Daliya** - 25 g



• **Moong Dal** -  
20 g



• **Milk**-  
60 ml



• **Banana** - 1



• **Ghee / Oil** - 15 g



• **Water** - As  
required

## Instructions

- Dry roast some dalia/ broken wheat in a pan.
- After roasting the dalia for a few minutes, add the moong dal to the pan.
- Continue roasting the dal and dalia till the mixture turns light brown.
- Add some water to the mixture and cook until it becomes soft and slightly thick (semi solid).
- Turn off the heat.
- Mash the banana into a fine paste.
- Add mashed banana, milk, and oil/ghee to the mixture.
- Turn on the heat and boil the porridge for a few minutes.
- Allow the porridge to cool before serving.

## WHY IS IT HEALTHY FOR YOUR CHILD?



• **Good source of protein**



• **Good source of magnesium**



• **Good source of carotenoids**