

JOWAR KHICHDI



INGREDIENTS:



- **Jowar Rava**
- 100 g



- **Lentil**
- 25 g



- **Green Leafy
vegetables
(Spinach)- 25g**



- **Water-**
300ml



- **Oil** - 20 g



- **Turmeric
Powder** - As
per taste



- **Salt** (if
required)

Instructions

- Wash and soak jowar rawa in water for 6 hours.
- Wash and soak dal in water for 30 minutes.
- Heat some oil in a pan.
- Add the dal to the pan.
- Add 300 ml of water to the pan and let the dal cook until half-done.
- Now add jowar rava and continue to cook.
- Now add the washed and finely chopped spinach leaves and turmeric powder.
- Cook for another few minutes till the khichdi is ready.
- Allow the khichdi to cool before serving

WHY IS IT HEALTHY FOR YOUR CHILD?



- **Good source of protein**



- **Good source of magnesium**