



Towards a new dawn

Ministry of Women and Child Development
Government of India

RAGI HALWA



INGREDIENTS:



- **Ragi flour**
- 35 g



- **Banana** - 1



- **Groundnut**
- 25 g



- **Ripe Papaya** -
15 g



- **Water** -
50ml

Instructions

- Begin by roasting groundnuts for a few minutes, then remove the red skin and grind them into a fine powder.
- Next, roast ragi flour till the color changes to light brown.
- Mash the banana into a fine paste.
- Combine the roasted groundnut flour and ragi flour and mix well with the mashed banana.
- Now add some water and let it cook for sometime.
- Add the mashed ripe papaya to the mixture.
- Make sure to mix all the ingredients well to achieve a smooth and even texture.

WHY IS IT HEALTHY FOR YOUR CHILD?



- **High in protein**



- **High in calcium, magnesium and iron**