

# SUJI UPMA



## INGREDIENTS:



• **Suji** -  
100g



• **Black Gram Dal (washed)** - 25g



• **Potatoes** -  
20 g



• **Onions** -  
20g



• **Green Peas** - 20g



• **Cauliflower** - 20g



• **Tomatoes** - 20g



• **Curry Leaves** - 20g



• **Ghee/Oil** - 20g



• **Turmeric Powder** - 1 pinch



• **Coriander Leaves** - 20g



• **Mustard seeds** - 5g



• **Salt** (if required)



• **Water** - 100ml

## Instructions

- Soak the black gram dal in water for 10 minutes.
- Wash and cut all the vegetables into small pieces.
- Heat some ghee or oil in a pan and add mustard seeds, black gram dal, onion, and curry leaves.
- Sauté the mixture until it turns golden brown.
- Now add the chopped vegetables and cook until they are soft.
- Add all the spices, and suji along with sufficient water.
- Cook for a few more minutes until the upma is well-cooked.
- Allow the upma to cool before serving..

## WHY IS IT HEALTHY FOR YOUR CHILD?



• **Good source of Folate**



• **Good source of protein**



• **Good source of magnesium**

