

## Recipe

### IRON RICH PORRIDGE

#### By

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#### Ingredients

Garden cress seeds (Aliv) – 15 gm

Milk – 200ml

Grated coconut (Fresh) – 25 gm

Jaggery – 30 gm

#### Preparation

1. Soak the garden cress seeds overnight.
2. Boil the milk in a pan, to this add the garden cress seeds and allow it to cook for some time.
3. Now, add the jaggery to this and cook till it dissolves completely.
4. Add the grated coconut and mix the porridge well.
5. Cook well till the porridge is completely mixed together.
6. Garnish with little freshly grated coconut and serve hot.

Now offer it to Krishna!

#### Nutritional facts

NAME	Serving	Energy (kcal)	CHOs (gm)	Protein (gm)	Fat (gm)
<b>GARDEN CRESS SEED PORRIDGE</b>	<b>1</b>	<b>300</b>	<b>24</b>	<b>21</b>	<b>14</b>

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