

Recipe

Oats Khichdi

By

Bhaktivedanta Hospital – Diet department



Ingredients

Oats – 5 gm
Moong dal (Green Gram Dal) – 15gm
Oil – 1 Tsp
Cumin seeds (Jeera) – ½ Tsp
Curry leaves – Few
Salt – to Taste
Turmeric (Haldi) - 1/4th Tsp

For Garnishing: Coriander leaves.

Preparation

1. Cook the moong dal in water
2. Once the moong dal is half cooked, add oats and let it cook till soft.
3. If the khichdi is too thick add warm water to make a semisolid consistency.
4. Heat oil in a pan, add cumin seeds, turmeric, and curry leaves to it.
5. Add this seasoning to the cooked khichdi.
6. Add salt as per taste.
7. Garnish with finely chopped coriander leaves.

NOTE: You can even add vegetable like carrot, tomato, french beans, peas etc as per your choice to enhance its flavor.

Now offer it to Krishna!

Nutritional facts

NAME	Serving	Energy (kcal)	CHOs (gm)	Protein (gm)	Fat (gm)
OATS KHICHDI	1 Bowl	121	12	4.2	6

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Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare