

RAGI KHEER

Menopause can be a difficult time of transition for any woman. Loss of appetite, nutritional deficiency etc symptoms may be seen as a collateral effect of this phase. This may be compensated by including nutrient rich food in any way possible. Ragi is naturally rich in calcium, proteins and other nutritional components. These nutrients come in handy when dealing with the menopausal stage as well as maintain optimum health.

What you will need

Ragi Flour : 2 tablespoons	Milk : 2 cups
Jaggery : 1 cup	Water : as required
Cardamom powder : as required	Dry fruits : as required

Preparation Process :

- Roast Ragi flour in ghee for 2-3 mins
- Add Milk while stirring it well and ensure there are no lumps
- Add cardamom powder, roasted dry fruits and let it simmer
- Keep aside for some time
- Transfer jaggery and water solution to a pan and heat it on medium flame
- Once all the excess water evaporates and it acquires a proper consistency take it off the heat
- Now mix both the mixtures together.

Benefits:

- Rich in nutrients like Phosphorus, Protein, Calcium, Zinc, Iron, Vitamin C etc.
- Helps relieve symptoms related with menopause
- Helps to promote bone and metabolic health
- The dietary fiber present in ragi helps your intestines digest food smoothly
- Ragi has high amounts of fiber in it that keeps your stomach full and stops you from unwanted cravings
- It may prevent cardiovascular disease by reducing plasma triglycerides in hyperlipidemic rats

#Sayyestoayurveda #Sandupharma #Ayurveda #strongbones #calcium #fitat40
#sanduarogyadarshika #diy

WATCH THE VIDEO HERE: <https://youtu.be/H23vaFe195c>

Reference: <https://marathi.popxo.com/article/nachni-satva-recipe-in-marathi/>