

## Preparation of low cost recipe for growing children: Ragi Puttu

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ARTICLE: 028

The Nutritional requirement of children (2-6 years) increases as there is increased activity and growth when compared to earlier life.

To meet these requirements nutritious recipes which are of low cost are to be prepared. The ingredients used in the recipes should be locally available so that all the socio-economic groups can easily prepare. Ragi Puttu is one of the low cost recipe made in India with Ragi flour, jaggery and Green gram flour.

### Literature Review

*Eleusine coracana* is the scientific name of Ragi or Finger millet. In India it is also known Mandua, Kelvaragu, Ragulu, Nachni, Bavto, Mandhal, etc. Nutritionally, finger millet is good source of nutrients especially of calcium, other minerals and fiber. Total carbohydrate content of finger millet has been reported to be in the range of 72 to 79.5% (Bhatt *et al.*, 2003). It is highly nutritious, and versatile, and can be cooked like rice, ground to make porridge or flour. The fiber content in Ragi helps to solve many gastrointestinal problems such as Constipation, Intestinal gas and flatulence and abdominal distention. Finger millet has the higher amount of calcium (344 mg) and potassium (408 mg). Calcium helps in keeping bones and teeth healthy. It has higher dietary fiber, minerals, and sulphur containing amino acids compared to white rice, the current major staple in India (Shobana *et al.*, 2013).

**Jaggery** is also called as Gur in India. It has high order nutritional properties and is considered as medicinal sugar. The iron available from the jaggery will prevent anaemia in women and also in adolescent girls. It supplements the requirement of iron in children and also helps indigestion.

It is healthier than white sugar and has good amount of calcium (40-100mg), Phosphorus (20-90mg) and Zinc (0.2-0.4 mg), so it helps to give optimum health to a person, purifies the blood and prevents rheumatic afflictions, bile disorders and helps to cure jaundice.

**Sprouted Green gram** has high contents of vitamins especially B complex vitamins, proteins, fats and total sugars compared to non sprouted form. Sprouting decreases the inhibitors such as protease and phytates and increases the essential amino acid content.

### LOW COST RECEPIE FOR CHILDREN

**RAGI PUTTU:** It is a traditional south Indian recipe and forms one of the healthy breakfast or snack item for growing children.



### Ingredients

- Ragi flour
- Jaggery (powdered)
- Green gram flour (sprouted and powdered)

The ingredients used in this recipe provide all the nutrients required for growing children. Ragi is considered as one of the most nutritious millet. It helps in strengthening of bones of children as it is excellent source of calcium.

Jaggery is rich in iron and helps in maintaining hemoglobin levels and also increases the blood volume.

Sprouted green gram is rich source of fiber and helps in digestion. The bioavailability of nutrients in sprouted green gram is more when compared to non-sprouted form.

### **Preparation**

First sprout green grams in a wet muslin cloth.

- Next take Ragi flour in a bowl and add water. Make sure that the water only wets the flour. Do not make the consistency softer.
- Place the Ragi flour into idli cooker or puttu maker and steam the flour for 8 to 10 minutes. After that take out the Ragi flour and put into a bowl.
- Finally add the jaggery and green gram flour.

### **Conclusion**

In preparing Ragi Puttu the flour is steamed with idli cooker or Puttu maker. Steaming of foods is a better cooking practice because it helps in maintaining the nutritional value of the food. The homemakers who have great knowledge about better cooking practices of locally available foods can make nutritious recipes.

The low cost recipes which are nutritious will reduce the incidence of protein energy malnutrition in children. The recipes provide all the nutrients such as proteins, vitamins, minerals, etc that are required for the growth of children. These recipes will mainly provide ample amount of protein and high energy and helps in recovery from protein energy malnutrition.