

Aahar

3. Steam or lightly boil the vegetables until soft. Let them cool and mash lightly.

2 MIN ENGLISH

1. BANANA-RAGI PANCAKE SQUARES (NATURALLY SWEET, NO SUGAR)

Ingredients

Ripe banana – 1 large

Ragi flour – ½ cup

(you may use whole wheat flour or oats flour instead)

Milk or water – ¼ to ⅓ cup (as needed)

Ghee – for cooking

Cardamom powder – a small pinch

A pinch of salt (optional)

Method

1. Peel the banana and mash it well in a bowl until smooth.
2. Add the flour and mix gently.
3. Slowly add milk or water to make a thick, smooth batter (not runny).
4. Add cardamom powder and mix again.
5. Heat a pan on medium flame and grease it lightly with ghee.
6. Pour a small ladle of batter and spread slightly into a small pancake.
7. Cook on low to medium flame until bubbles appear.

8. Flip and cook the other side till light golden.

9. Repeat for the remaining batter.

2. BAKED MOONG DAL & VEGETABLE CUTLETS

Ingredients

For the cutlet mixture

Yellow moong dal – ½ cup

Mixed vegetables (carrot, bottle gourd, pumpkin, beans) – ½ cup,
finely chopped

Grated paneer – 2 tbsp (optional, for softness)

Cumin seeds – ½ tsp

Ginger paste – ½ tsp

Turmeric powder – a pinch

Coriander powder – ½ tsp

Salt – as needed

For shaping & baking

1. Breadcrumbs or roasted sooji – 2 tbsp (optional, for firmness)

2. Ghee – 1-2 tsp (for brushing)

Preparation

1. Wash the moong dal and soak it in water for 3–4 hours.
2. Drain completely and grind the dal into a coarse paste (do not add water).

Method

1. In a bowl, combine moong dal paste, mashed vegetables, paneer, cumin seeds, ginger, turmeric, coriander powder, and salt.
2. Mix well to form a soft but firm mixture.
3. If the mixture feels sticky, add breadcrumbs or roasted sooji.
4. Divide the mixture into small portions and shape into flat round cutlets.
5. Heat a thick-bottomed tawa on **low–medium flame** and grease lightly with ghee.
6. Place the cutlets on the tawa, cover with a lid, and cook on **low flame for 5–6 minutes**. (This helps them cook inside.)
7. Remove lid, flip gently, and cook the other side till light golden.
8. Cook till both sides are firm and lightly crisp.

