

Instant Food Premixes Rich in Protein and Iron

(Shelf life more than one month)

1. Rice flakes and moong dal premix

Ingredients:

Rice Flakes (chidwa)	100 g.
Moong Dal	30 g.

Method of preparation:

1. Roast Chidwa and Moong dal separately.
2. Grind the ingredients individually and mix thoroughly.
3. Store in a dry airtight container.

Nutritive value per 100 gm:

Calories	346 kcal
Protein	10.73 g.
Iron	16.28 mg.

2. Rice flakes, Bengal gram and ground nut premix

Ingredients:

Rice Flakes roasted (Chidwa)	100 g.
Bengal gram (Roasted and de-husked)	30 g.
Ground nut (Roasted)	20 g.

Method of preparation:

1. Roast chidwa and grind.
2. Grind roasted Groundnut (without skin) & Bengal gram separately.
3. Mix all thoroughly. Store in dry airtight container.

Nutritive value per 100 gm:

Calories	381 kcal
Protein	12.39 g.
Iron	15.63 mg.

3. Puffed rice and Bengal gram premix

Ingredients:

Puffed Rice	100 g.
Bengal Gram (Roasted & de-husked)	30 g.

Method of preparation:

1. Prepare powder of puffed rice.
2. Grind roasted Bengal gram.
3. Mix all the powdered ingredients thoroughly.
4. Store in a dry airtight container.

Nutritive value per 100 gm:

Calories	335 kcal
Protein	10.96 g.
Iron	7.26 mg.

4. Rice flakes, Puffed rice and white Til seeds

Ingredients:

Rice flakes (roasted)	50 g.
Puffed rice (roasted)	20 g.
White til seed (roasted)	10 g.
Sugar	20 g.

Method of preparation:

1. Grind roasted rice flakes, til seeds and puffed rice separately.
2. Mix all the powdered ingredients thoroughly.
3. Add grinded sugar in this mixes.
4. Store in a dry airtight container.

Nutritive value per 100 gm:

Calories	394 kcal
Protein	6.6 g.
Iron	12.25 mg.

5. Daliya and soyabean premix

Ingredients:

Whole wheat	80 g.
Whole soyabean	20 g.

Method of preparation:

1. Clean whole wheat & soyabean separately.
2. Roast wheat and soyabean in hot sand.
3. Grind these separately and mix together.
4. Store the prepared instant food in an air-tight container.

Nutritive value per 100 gm:

Calories	363 kcal
Protein	18.1 g.
Iron	6.3 mg.

6. Bajara, moong dal and til seed premix

Ingredients:

Bajra	50 g.
Moong dal	20 g.
Til seeds	10 g.
Sugar	20 g.

Method of preparation:

1. Clean and dehusk bajra.
2. Roast and powder Bajra, moong dal and til seeds separately.
3. Mix all the powder together adding powdered sugar.
4. Store in dry and airtight container.

Nutritive value per 100 gm:

Calories	385 kcal
Protein	12.53 g.
Iron	5.71 mg.

7. Ragi and roasted Bengal gram premix

Ingredients:

Roasted Ragi Powder	100 g.
Roasted Bengal Gram Powder	50 g.

Method of preparation:

1. Mix the powdered ingredients thoroughly.
2. Store in dry airtight container.

Nutritive value per 100 gm:

Calories	341 kcal
Protein	12.36 g.
Iron	5.76 mg.

8. Wheat and whole moong mix

Ingredients:

Whole wheat	25 g.
Whole moong (green gram)	10g.

Method of preparation:

1. Clean whole wheat & whole moong properly.
2. Roast wheat & moong separately in hot sand.
3. Grind these individually, and mix together.
4. Fill the prepared instant food mix in a dry and air tight bottle.

Nutritive value per 100 gm:

Calories	343 kcal
Protein	15.3 g.
Iron	5.36 mg.

9. Wheat, Roasted Bengal gram and groundnut premix

Ingredients:

Wheat	100 g.
Roasted Bengal gram Dal	30 g.
Groundnut	20 g.
Sugar	50 g.

Method of preparation:

1. Clean and roast wheat and groundnut separately (Remove the outer skin of groundnut).
2. Grind roasted Bengal gram dal and roasted groundnut and wheat separately to a fine powder.
3. Mix all the ingredients thoroughly and add powdered sugar.
4. Fill in dry air tight container and store.

Nutritive value per 100 gm:

Calories	386 kcal
Protein	11.64 g.
Iron	3.74 mg.