

# Light-Hearted Idli

Learn The Recipe Step by Step

Recipe Developer:  
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# Ingredients

Semolina / Bombay Rava / Sooji – 1cup

Finger Millet / Ragi Flour – 1 cup

Curd / Yogurt – 1 cup

Salt – to taste

Water – 1 cup

Cooking Soda / Baking Soda – 1/4<sup>th</sup> tsp

# Preparation

1. Dry roast the rava on medium flame for 2-3minutes. Further, cool them completely.



2. Transfer the dry roasted rava to a large bowl, add ragi flour to it. Furthermore add salt, and curd.



3. Add water as required depending on curd thickness, mix well, allow to soak for **30 minutes**.



4. After 30 minutes, check the consistency. If required add water. Add a pinch of baking soda and mix well till it turns frothy.



5. Brush the plates with cold pressed coconut oil or melted ghee, pour the batter into the plate.



6. Steam it for 8-10minutes on medium flame. Allow it to rest for 5 minutes, then unmold.





# Benefits

1. Ragi/finger millet is rich in protein, calcium, anti-oxidants, and completely gluten free.
2. The magnesium content of ragi, lowers body's insulin resistance. Thus good for Diabetic patient.
3. Magnesium plays a key role in maintaining healthy heart. Thus good for cardiac patients.
4. Ragi helps to remove the toxins from the body and helps to lower the cholesterol.
5. Ragi provides dietary fibers, which helps to keep your digestive system healthy.
6. Ragi is a good source of iron, its consumption helps to recovery of anemia.
7. Ragi based foods are highly suited for pregnant women, kids and elderly people, as it helps to fulfill their need for iron, calcium and nutrients.
8. Ragi helps to relax the body in natural ways, beneficial in depression, anxiety, migraine etc.
9. Excessive consumption increases vata.

# Time influence on food

Ayurveda doesn't just recognize suitable foods for the relevant dosha types, its texts also include specific recommendations on *when* we should eat our meals.

**The digestive system works particularly well between 2 am and 6 am.** It is recommended that we get up early and eat breakfast.

Between 6 am and 10 am, on the other hand, our digestion is relatively weak. If you eat breakfast at this time, light food is recommended.

The period up until 2 pm is Pitta time: in Ayurveda this is when you should eat your main meal.

Between 2 pm and 6 pm Vata prevails. Sweet, spiced teas are the thing to consume.

Between 6pm and 10 pm it is Kapha time. **Heavy dishes are not good in the evening.**

# Ayurveda, Seasons and Food

In addition to the time of day, Ayurveda also takes the seasons into account:

**The Kapha months are (roughly) March to June.** Your appetite diminishes during this period – ideal for fasting.

**The Pitta months are (roughly) July to October.** During this period, the general recommendation is to consume cool and moist dishes.

**The Vata months are (roughly) November to February.** This is when our digestive system performs at its peak. High-fat dishes are no problem during this period.

# Thank You

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