# **Light-Hearted Idli**

Recipe Developer: Ayurveda Dr. Shweta Hegde

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#### Learn The Recipe Step by Step



# 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**.

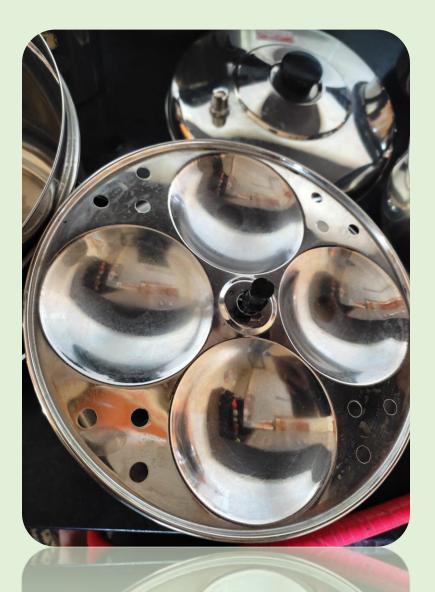


4. After 30 minutes, check the consistency. If required add water. Add a pinch of baking soda and mix well till it turns frothy.



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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