



**HEALTHY INDIAN BITES**

**Eat Right, Live Right.**



## **High Nutrition Porridge**

### **Recipes, Food Blog.**

High Nutrition Porridge food recipe is full meal in a dish. It is steamed to enhance nutrition value of foods. It contains oats to blend extra nutrient into it. Along with that another edible food item peanut added to it to make it a complete meal. Indian spices add flavor and blends taste to it. In India, people cook different types of porridge out of different legumes and food products. We tried cooking porridge out of oats. It takes 20-25 min to cook recipe.

In *HealthyIndianBites* food blogs, Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly. we try to cook and promote healthy nutritious food recipes. Hopefully, viewers like it. We look forward for your comments and suggestion. For latest and regular updates, enroll us on our *newsletter*. For live demo on cooking, please refer our cooking channel on *Social Media*.

**Instagram ID: [Healthy.Indian.Bites](#)**

**Youtube and Facebook: [HealthyIndianBites](#)**

Recipes that use quick Oats.



*Cooking Ingredients:*

- 1 teaspoon Ghee.
- 1 teaspoon Sesame seeds.
- 1 teaspoon Fennel seeds.
- 1 teaspoon Fenugreek seeds.
- 2 teaspoon gram flour.
- 20 gms Peanut.
- 1 teaspoon Salt.
- 1 teaspoon Pepper.
- 1 teaspoon Coriander powder.
- 1 teaspoon whole cumin.
- 1 cup Rice flour.
- 50 gm-soaked Oats.
- 1 chopped Tomato.
- 1 chopped onion.
- 1-2 green chilli.
- 3-4 spoons Curd.

*Steaming Cooking Method:*

1. Add 1 teaspoons ghee to a pan.
2. Add fenugreek, sesame, fennel seeds along with 2 teaspoon gram flour and peanuts. Roast for few minutes.
3. Grind it to make masala.
4. In one cup, rice flour add curd and mix well.
5. Also, add masala to it and mix well.
6. Along with that, mix salt, pepper and coriander.
7. Make balls and add to steamer. Let is cook on low flame for at least 15 minutes.
8. Add 1-2 spoons cooking oil. Mix onions, tomatoes and green chilli. Mix well.
9. Also add soaked oats to it as well.
10. Add steamed balls. Mix it thoroughly.
11. Add some [Balaji Namkeen](#) on it. Serve 4-5 people. (This step is optional. Can be replaced with any other munching.)

Easy Cooking Tips for Beginners

- Limit peanuts to not more than 20 gm. (As this adds high saturated fats to foods.)
- Add 1-2 glasses of water to steamer.
- Pre-heat steamer before starting to cook recipe.
- Maintain temperature from low to medium heat cooking food in steamer.
- Avoid adding red-chili powder to recipe.
- Adding sesame to recipe helps promote weight loss.
- Soaking of oats for at least 20 minutes is good. This blends easily to form gravy without any many efforts.
- Also, adding fennel seeds, fenugreek is advantageous.

Benefit of Steaming Flour.

*In steaming cooking technique, water is boiled in closed container to form steam. Food is cooked in steam. It is kept on tray within container.*



1. Food is cooked in less oil.
2. It retains vitamins and minerals.
3. Preserves flavor, texture and color of food.

Where to BUY Steamer for Cooking??

A good quality aluminum steamer is a good choice to buy. It can cost from RS. 500-1000. It has a set of cups, trays that can be utilized for complete steaming of foods. Also, it can be utilized for low-medium temperature [baking](#).

For reference, checkout HealthyIndianBites steam food recipes:

Cooking Steamer can be bought from nearby home utensil shop. Further, it can be bought online through e-commerce websites like [Amazon](#), [Flipkart](#), [Indiamart](#) etc.