



Healthy Indian Bites

Eat Healthy, Live Healthy.



Healthy Oats Khichdi/porridge food recipe is easy to cook. We cooked this recipe, to blend Oats with rice. And add variety, to eating Oats recipe. Oats is considered one of the very healthy cereals. Are fibrous enough, with good number of vitamins and minerals with low glycemic index, carb content. Beauty of it is, that it can be blended with any other food items to cook- good, healthy, food meal. It takes 20-25 min, to cook this recipe. Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In *HealthyIndianBites* food blogs, we love to cook and promote most nutritious and healthy diet food recipe. Also, Food recipe, that can be part of daily Vegetarian Food Habits, that doesn't compromise taste. Oats Khichdi(porridge) is one of the top-listed food recipes, as Health benefits of eating Oats is endless, and we love that. Also, we care enough, to share the best healthy recipes with our viewers. 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](#)

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Health Benefits eating Oats.

- Among number of health benefits, eating oats is high fiber food, so it helps promote weight loss and maintains healthy bacteria in a gut.
- It is loaded with vitamins, minerals and number of antioxidants that is good one for physical and mental health of a body.
- Also, as it is considered low glycemic index food. It digests slowly, so it doesn't raise blood sugar level and its good choice for diabetics.
- And lot more benefits are on list. Shared other benefits in food recipes, in links given below. Also, checkout quick links of food recipe "["High Nutrition Porridge"](#)" that share more health benefits on Oats.

Quaker Oats, Rolled Oats Natural Whole Grain.



Cooking Ingredients:

- 100 gm rolled Oats.
- 150 gm parboiled Rice.
- 2 finely chopped green chili.
- 1 teaspoon Salt.
- 1 teaspoon Turmeric.
- 1-2 teaspoon cooking Oil.
- 10-12 whole Pepper (as per taste)
- 1 teaspoon Vinegar.
- Boiled and Chopped Mixed Vegetables - Green peas, Tomato, Sweetcorn, Onions.
- 6-8 pieces of Almonds.
- 6-8 pieces of Raisins.

Steps By Cooking Instructions:

1. Add 1 teaspoon Salt, Turmeric, green Chili, black Pepper and whole Cumin. Heat it on low flame.
2. Add 150 gm parboiled Rice to it. And fry it for couple of minutes.
3. Add 1.5-2 times water to [Futura](#) pressure cooker. And cook it, for 5-7 minutes. (We cooked using Futura pressure cooker). Cooking time varies based on pressure cooker.
4. Add soaked Oats to it.
5. Sauté veggies in Vinegar.
6. Add Veggies to pressure cooked Rice as well.
7. Further, add Almonds and Raisins also into it.
8. Pressure Cook for 5 more minutes on low flame.
9. Oats and parboiled Rice mix and blend well.
10. Sprinkle Coriander to Decorate. Serve hot.

Why are Pressure Cookers Useful?

In pressure cooking technique, water is boiled in closed container. Process of cooking food is under high pressure, steam and water. Indians, largely follow this cooking technique to cook foods.



1. It takes less time to boil foods as compared to steaming of foods.
2. Nutrition value of foods is retained. But less likely, to steaming of foods.
3. Preserves flavor, texture and color of food.

Where to BUY Oats Overnight??

Quaker Oats is very well known and established brand supplying Oats. We love cooking this brand. It is quite healthy. Other available brands are Bagrry's Oats, Nutriorg, Saffola oats, Kellog's or Urban platter etc. Steel Cut Oats, Rolled Oats or Quick Oats are different types of Oats. All the Oats are refined form of unprocessed Oat groat cereal grains or whole meal. In Oat Groats-Germ, Bran and Endosperm of a grain is retained. Thus, it is considered most healthy and fibrous foods to consume. Such foods digest slowly and doesn't increase blood sugar level.

Oats can be bought online through e-commerce websites like Amazon, Flipkart, Indiamart, Dmart, BigBasket etc. Also, it can be bought from nearby grocery store as well. It is not advisable to buy loose packaging of it, without knowing the supplier or having sufficient food knowledge of oats. Cost of 1 kg Oats cost RS-150 to RS-190.