

Drumstick or Moringa Leaves



Ingredients for Drumstick Leaves

- Rice ☐ 2 tbsp
- dry Red Chilly ☐ One
- Water ☐ 2.5 cups
- Ladies Finger ☐ Four chopped
- Onion ☐ One sliced
- Green Chilly ☐ One [slit]
- Salt ☐ As required
- Drumstick Leaves ☐ 2 cups
- Grated Coconut ☐ 1/4 cup

Step 1 - Making Rice Powder



- ☐ Take 2 tbsp of Rice in a Pan.



- ☐ Add one dry red chilly. Keep the flame at low heat.



- ☐ Dry roast it for 4 to 5 minutes.



- ☐ Let it cool down and grind it as a coarse powder using mixie.



- ☐ Rice powder is ready for later use.

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Step 2 - Making Drumstick/Moringa Leaves



- ☐ Add 2 cups of water.



- ☐ Add four chopped Ladies Finger. Optionally either raw banana or tapioca can be replaced for Ladies Finger



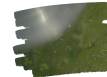
- ☐ Add a sliced Onion.



- ☐ Add a green chilly (slit) and required salt..



- ☐ Cook for 5 to 8 minutes at medium heat with partially covered lid.



- ☐ Check whether the veggies cooked properly



- ☐ Add 2 cups of raw drumstick leaves.



- ☐ Mix well and cook it for 6 to 8 minutes.



- ☐ Spread the roasted rice.



- ☐ Mash it with a spoon to avoid formation of lumps.



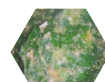
- ☐ Wait until it start boiling.



- ☐ Add 1/4 cup of grated coconuts. Mix it well and cook for 5 more minutes.



- ☐ Add 1/2 cup of water to adjust the consistency.



- ☐ Finally, mix it a little while and turn off the flame.



- ☐ Drumstick Leaves is ready!