



WHO Traditional Medicine Global Summit 2023, Gandhinagar
Central Council for Research in Siddha
Ministry of Ayush, Govt. of India

***Sathu Maavu Kozhukattai* | Multi Millet dumplings**

Introduction:

Sathu Maavu kozhukattai is a nutritious & healthy snack that is traditionally prepared with steaming which is packed with nutrients. *Sathumaavu kozhukattai* provides a great nutrition to all age groups due to special combination of millets and cereals as ingredients. It contains numerous essential vitamins and minerals, packed with fiber, carbohydrates, proteins and energy.

Ingredients:

1. *Sathumaavu* [*Ragi* (Finger millet), *Kambu* - Each 2 cups (pearl millet), Red Rice, *Samba Godhuma* (Wheat daliya), *Makka Cholam* (Corn), Barley, Boiled Rice, Roasted Chana Dal, Green Gram)
2. Badam - 50 gm
3. Elachi - 15 gm (Slightly roasted and powdered no. 1,2 &3)
4. Ghee - 2 tbsp
5. Jaggery - ¾ cup

Method of preparation:

- Heat vessel and add 1 cup of *Sathumaavu* powder
- In medium heat, slowly roast it for 3 to 4 minutes.
- Then add the jaggery syrup
- Add 2 tbsp of ghee and mix them well.
- Turn the heat off and let it cool for about 5 to 7 minutes.
- Once you can handle the heat, slowly add little bit of ghee and shape it into dumplings
- Steam this for 8- 10 minutes and serve.

Benefits:

- ✓ Boosts immunity,
- ✓ Improves digestion
- ✓ Protects health.
- ✓ Tightening muscles
- ✓ Highly beneficial for pregnant and breastfeeding mothers.
- ✓ Strengthens bones.
- ✓ It helps in weight gain in toddlers.
- ✓ Boosts brain development.

