

# Green Khadi

## Ingredients:

- Chopped Methi/curry/Ajwain leaves.....1 cup
- Butter milk or beaten curd (moderately sour) ....1/2cup
- Grated coconut.....1 cup
- Green chilly.....1 or 2 nos.
- Oil.....3tsp
- Jeera.....1tsp
- Water....1/2cup, and salt to taste.



## Method

Fry Methi/Curry/Ajwain leaves and  $\frac{1}{2}$  tsp jeera in 2 tsp of oil till crisp. (If you do not fry till crisp, methi leaves will taste bitter) Grind any one of the above fried leaves jeera, coconut and green chili, till very smooth paste by adding water. Now add  $\frac{1}{2}$  cup of buttermilk/beaten curd and salt to taste. Mix well. Temper with jeera and now kadhi is ready (no need of boiling the kadhi).



### **Methi-**

*Fenugreek or methi leaves are very rich in vitamins and minerals and they get easily absorbed by the body. Some major ingredients include calcium, potassium, phosphorus, iron and dietary fiber in its naturally occurring form as in other vegetables. The availability of vitamin K is as good as spinach. The protein rich fenugreek leaves can be treated as a wonder herb. 100gms of fenugreek leaves contribute to about 50 calories of energy.*

### **Curry leaves-**

*Curry leaves improve functioning of the stomach and small intestine and promote their action. They improve the quality of digestive juices secreted during digestion. Their action starts with intake. Their smell, taste and visual impression initiates*

*salivary secretion and initiates the peristaltic wave, which is the first step in good digestion. They are mildly laxative and thus can tackle multiple digestive problems caused by food intake.*

### **Ajwain leaves**

- Ajwain leaves are very beneficial to the health and used for various purposes to treat common health disorders like cold, cough, fever etc.
- It also provides relief from digestive disorders such as gas, flatulence, abdominal discomforts and vomiting as well as improves digestion and stimulates appetite.
- It is antiseptic in nature used during colic pain among babies.
- Ajwain leaves extract helps in treating dysbiosis (microbial imbalances) in the body by inhibiting the pathogenic bacterial growth in the intestine.

**Om Shanti !!!**