



## KRISHI VIGYAN KENDRA, JAMMU (Directorate of Extension)

### Nutri-Mix Recipes / Formulas for Pregnant and Lactating Women



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## NUTRI-MIX RECIPES / FORMULAS FOR PREGNANT AND LACTATING WOMEN

### RECIPE 1: SESAME NUTRI BAR

Sesame, and Jaggery Bar is a traditional and nutritious snack packed with Calcium, fiber, healthy fats, and essential minerals required for the growth and development of Unborn baby. It is widely consumed in India, especially during winter, due to its warming properties and energy-boosting benefits. This bar is not only delicious but also a natural and healthy alternative to nutritious processed sweets. It is a perfect healthy snack for all age groups. It combines traditional wisdom with modern nutrition, offering a delicious way to stay energetic, strong, and healthy. This easy-to-make, preservative-free bar is an ideal alternative to processed energy bars, making it a must-have in your daily diet.

#### Recipe :-

##### Ingredients

- 1 cup Sesame Seeds
- 75 gm Pumpkin seeds
- 75 gm Melon seeds
- 1 cup Jaggery (grated or chopped)
- 1 tbsp Ghee
- ½ tsp Cardamom Powder (optional)
- ¼ cup Water

##### Method:-

**Step 1:** Clean and wash all the seeds.

##### Step 2: Roasting Seeds

- Dry roast the seeds in a pan on a low flame/ 55-60 degree C until golden brown.
- Keep them aside to cool.

##### Step 3: Preparing Jaggery Syrup

- Heat ghee in a pan, add jaggery and use water if required for maintaining consistency.
- Stir continuously until jaggery melts and forms a soft ball consistency when tested in water.

##### Step 4: Mixing Ingredients

- Add roasted seeds and cardamom powder to the jaggery syrup.
- Mix thoroughly to coat all the ingredients evenly.

##### Step 5: Shaping the Bars

- Pour the mixture on a greased plate or tray.
- Flatten it using a rolling pin while warm.
- Cut into bars of your choice while still soft.

##### Step 5: Cooling and Storing

- Let the bars cool completely before separating them.



- Store in an airtight container for up to two to Three weeks.

## Nutritional Importance:

This homemade energy bar is a powerhouse of essential nutrients

### 1. Loaded with Essential Minerals (Sesame Seeds, Pumpkin Seeds, Melon Seeds )

- Sesame seeds are an excellent source of calcium, strengthening bones and teeth.
- They also contain iron and magnesium, which help in blood circulation and nerve function.
- Melon seeds & Pumpkin seeds are excellent source of magnesium, phosphorous and potassium which promote heart health and muscle function.

### 2. Natural Sweetener and Energy Booster (Jaggery)

- Jaggery is a natural and unrefined sweetener loaded with iron and antioxidants.
- It provides instant energy and helps in detoxifying the body.

### 3. Healthy Fats (Ghee & Sesame Seeds)

- Ghee adds good fats that improve metabolism and boost immunity.
- Sesame seeds, melon seeds & pumpkin seeds contain omega-6 fatty acids and Vitamin-E which support heart health and helping reduce inflammation.

### 4. Ideal for Winters

- This bar helps keep the body warm and energized, making it perfect for cold seasons.
- It boosts immunity and stamina, reducing the risk of seasonal illnesses.



## RECIPE -2: MULTI SEED MIX

The Multi-Seed Mix is a powerhouse of essential vitamins, minerals, fiber, healthy fats, and antioxidants, making it an ideal superfood for pregnant and lactating mothers. It helps in fetal development, milk production, digestion, and overall maternal health.

### Ingredients :-

- 100 gm Flax Seeds
- 100 gm Chia Seeds
- 100 gm Pumpkin seeds
- 100 gm Melon Seeds
- 50 gm Cranberry
- 50 gm Blueberry
- 100 gm Almonds
- 100 gm Cashewnuts





## Method :-

**Step 1:** Clean and wash all the seeds if required.

### Step 2: Roasting Seeds

- Dry roast the seeds in a pan on a low flame/ 55-60 degree C except Berries.
- Keep them aside to cool.

### Step 3: Mixing Ingredients

- Mix roasted seeds and berries

### Step 4: Cooling and Storing

- Let the premix cool and store in an airtight container for prolonged use.

## Nutritional Benefits for Pregnant and Lactating Women :-

### 1. Supports Fetal Brain Development

- Flaxseeds and Chia Seeds are rich in Omega-3 fatty acids (ALA), which are crucial for the baby's brain and eye development.
- Pumpkin and Melon Seeds contain zinc and magnesium, supporting cognitive development.

### 2. Boosts Iron Levels & Prevents Anemia

- Pumpkin Seeds and Flaxseeds are excellent sources of iron, which helps prevent anemia, a common issue in pregnancy.
- Vitamin C from Cranberries and Blueberries enhances iron absorption, ensuring better oxygen supply to the baby.

### 3. Enhances Bone Health & Strengthens Immunity

- Almonds, Cashews, and Sesame Seeds are rich in calcium and magnesium, which help maintain strong bones for both mother and baby.
- Zinc and antioxidants in seeds and berries boost the immune system, protecting against infections.

### 4. Supports Digestion & Prevents Constipation

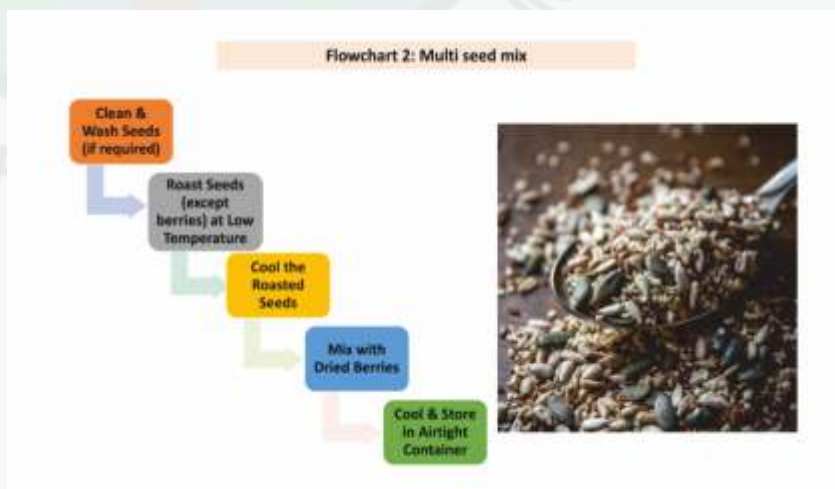
- Flaxseeds and Chia Seeds contain high fiber content, promoting smooth digestion and relieving constipation—a common issue in pregnancy.
- Healthy gut bacteria thrive on fiber, improving overall gut health.

### 5. Increases Energy & Reduces Fatigue

- Cashews, Almonds, and Seeds are packed with healthy fats, protein, and complex carbohydrates, providing sustained energy for pregnant and lactating mothers.
- Magnesium in seeds and nuts helps reduce fatigue and muscle cramps.

### 6. Supports Lactation & Milk Production

- Flaxseeds, Sesame Seeds, and Almonds are natural galactagogues, meaning they help





increase breast milk production.

- Omega-3 and protein-rich seeds ensure nutrient-rich breast milk, benefiting the baby's growth.

This nutrient-dense mix is a must-have superfood for pregnant and lactating mothers to stay healthy, energetic, and nourished!

### RECIPE - 3: PULSE PREMIX POWDER

The Pulse Premix Powder is a highly nutritious blend packed with proteins, healthy fats, fiber, and essential vitamins and minerals. It serves as an excellent instant energy booster and is beneficial for pregnant and lactating women, growing children, and individuals needing high-protein diets.

#### Ingredients:-

- 250 gm Roasted Chickpea
- 100 gm soyabean flour
- 250 gm Moong dal
- 250 gm Black gram
- 75 gm Jaggery
- 50 gm Ghee
- 50 gm Pumpkin seeds
- 50 gm peanut
- Airtight container/ zip lock pouch

#### Method:-

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**Step 1:** Wash all the pulses and dry them.

#### Step 2: Roasting Seeds

- Roast all the ingredients (dals and nuts) except Jaggery & Ghee.

#### Step 3: Grinding & mixing

- Grind them carefully to a rough texture, not too powdery.

#### Step 4: Storing

- Store in an airtight container for prolonged use.

**Note:** Make sure that jaggery is dry so that powdery texture is maintained.

### Nutritional Importance :-

#### 1. High in Protein & Muscle Growth

- Chickpeas, Soybean Flour, Moong Dal, and Black Gram are excellent sources of plant-based protein, essential for muscle development and tissue repair.
- Peanuts and Pumpkin Seeds add extra protein and healthy fats, making it an ideal choice for energy and strength.

#### 2. Rich in Iron & Prevents Anemia

- Black Gram and Jaggery are loaded with iron, which helps in boosting hemoglobin levels and preventing anemia—a common issue during pregnancy and lactation.
- Vitamin C in Jaggery improves iron absorption in the body.



### 3. Supports Digestion & Gut Health

- Moong Dal and Chickpeas contain high fiber, aiding in better digestion and preventing constipation.
- Healthy gut bacteria thrive on fiber, improving gut health and nutrient absorption.

### 4. Enhances Bone Health & Boosts Immunity

- Soybean Flour, Black Gram, and Pumpkin Seeds provide calcium, magnesium, and phosphorus, essential for strong bones and preventing osteoporosis.
- Zinc and antioxidants in seeds and nuts help boost immunity, keeping infections at bay.

### 5. Provides Energy & Fights Fatigue

- Jaggery and Ghee are excellent sources of instant energy, helping fight fatigue and weakness.
- Good fats in ghee and peanuts support brain function and heart health.

### 6. Ideal for Lactating Mothers & Growing Kids

- The protein and calcium-rich ingredients support milk production in lactating mothers.
- The mix is a great weaning food for babies (above 6 months) when mixed with warm milk or water.

This high-protein, energy-packed premix is perfect for pregnant women, lactating mothers, children, and fitness enthusiasts.

## RECIPE- 4 : BROWN RICE BASED WEANING FOOD (For Children)

Weaning is a crucial stage in a baby's life as they transition from breast milk to solid foods. A nutritious and easily digestible diet is essential to support their growth, immunity, and brain development. This Brown Rice-Based Weaning Food is an excellent homemade alternative to processed baby cereals. It is rich in protein, fiber, healthy fats, and essential vitamins to ensure optimal growth and digestion.

#### Ingredients :-

- 700 gm Brown Rice
- 200 gm Moong dal/ Green gram dal powder
- 75 gm Walnut powder
- 75 gm Mango pulp powder /Apple pulp powder

#### Method :-

##### Step 1: Clean and wash

- Clean and Wash Brown rice and Moong bean.
- Take Mango / Apple Slices after Washing and peeling. Take out pulp.
- Similarly wash dry fruit and blanch (5 min).







## Step 2: Dry soak and roast

- Dry brown rice at (55°C).
- After Washing moong dal soak it for 12 hrs.
- Dry moong dal (130°C) for 1 hour after draining water.
- Roast Moong dal until brown (85°C).
- Dry, fruit pulp (55°C) and nuts at 60°C.

## Step 3: Grinding

- Grind and make flour out of moong dal and brown rice to make a flour after cooling.
- Grind fruit and nuts to a powder.

## Step 4: Mixing Ingredients and storage

- Finally blend all ingredient to make a powder.
- Store in an airtight container for prolonged use.

## Nutritional Importance for Growing Children:-

### 1. Supports Growth & Development

- Brown rice and moong dal provide high-quality plant protein, supporting muscle and bone development.
- Walnut powder contains Omega-3 fatty acids, which are essential for brain and nervous system development.

### 2. Rich in Fiber & Easy to Digest

- Brown rice and moong dal are naturally high in fiber, promoting healthy digestion and preventing constipation in babies.
- Easily digestible proteins in moong dal make it gentle on the baby's stomach.

### 3. Strengthens Immunity

- Walnuts and fruit pulp powder (Mango/Apple) are loaded with antioxidants, vitamins A, C, and E, which boost immunity and fight infections.
- Brown rice contains essential minerals like zinc and magnesium, which help strengthen the immune system.

### 4. Provides Natural Energy & Sustains Satiety

- Brown rice is a complex carbohydrate, offering sustained energy for growing babies.
- Walnuts provide healthy fats, ensuring proper brain development and energy balance.

### 5. Supports Brain & Vision Development

- Walnuts and Mango/Apple powder contain DHA (Omega-3) and Vitamin A, which aid in memory function, cognitive development, and good eyesight.





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