



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crunchy Poha Veggie Tikkis	Paneer Hot Pockets	Ragi Jam-filled Pancakes	Oats and Zucchini Chilla	Jam Cookies

## Tiffin Expert: Amrita Raichand

### Ragi Jam-filled Pancakes:

Ragi Pancake filled with fruits is an easy to make recipe. Made with ragi flour, this one is a healthy recipe and is loved by kids too, thanks to the Kissan Orange Blast Jam that gives it a delightful taste that will turn your child's tiffin into an orangey delight!

### Ingredients:

- Ragi flour: 1/2 cup
- Banana: 1 medium
- Egg: 1
- Toned milk: 1/4 cup
- Baking powder: 1 teaspoon
- Kissan Orange Blast Jam: 2 tablespoons
- Melted butter: 1/2 tablespoon
- Maida: 1/2 cup

### Method of Preparation:

- In a bowl of a mixer grinder add the egg and banana broken into 3 to 4 pieces along with milk and purée till the banana is totally mixed in.
- Take a sieved Ragi flour and maida in a bowl along with the baking powder. Then add the milk and egg mixture. Then with a whisk mix the pancake batter.
- Take a bowl and liquefy Kissan Orange Blast Jam

- Take a non-stick pan and brush the pan with butter, put on a medium heat, drop a ladle full of batter in the pan, put a spoon of Kissan Orange Blast Jam (which you cream with the help of a spoon first) in the centre of the pancake.
- And cover the Kissan Orange Blast Jam with more batter, allow to cook for 2 minutes and turn over, cook for just 30 seconds on the second side.
- Cool slightly and pack

