



SNACK OPTIONS IN THE JAPPA DIET



LIST OF SNACK OPTIONS

- Ghee-roasted talmakhana (fox nuts) with almonds and a small laddu.
- Millet-based vermicelli with vegetables. You can include ragi or bajra based vermicelli
- Ragi and beetroot pancake
- Suji/Besan or Rice Dhokla
- Chenna Cutlets with green chutney
- Big Bowl of Dal Soup
- Barnyard, aloo and carrot tikkis with green chutney
- Small bowl of vegetable Upma
- Boiled or roasted Sweet Potato
- Boiled or steamed Waterchest Nut

For more info, reach out to www.thefirstparents.com