

PARTS OF *Lotus* THAT ARE SAFE TO CONSUME IN *Pregnancy*



1. LOTUS ROOT

The roots of the lotus plant are known to be a rich source of vitamin C, phosphorus, and micronutrients such as folate. You can include lotus root in your diet in various ways, such as soups and fritters.

Recipe: Lotus root soup

- Wash the lotus roots and remove their skin. Cut them into slices.
- Add sliced lotus roots, chicken pieces, red dates (pitted), and peanuts into a pot of water.
- Bring them to a boil.
- Then, turn to the lowest heat. Allow the soup to simmer for at least an hour. Serve hot.



2. FRESH LOTUS SEEDS

The benefits of fresh lotus seeds fall on the same lines as those of fried lotus seeds (makhana).

Recipe: Fresh lotus seeds curry

- Heat oil in a pan and add chopped onion, garlic, and salt to it.
- When the onions turn translucent, add the contents of a ready-to-cook curry gravy of your choice into the pan and stir until the mixture comes together.
- Add water and let it come to a boil. Eventually, add the fresh lotus seeds and stir them to ensure the gravy mixes well.
- Once the gravy turns into a thick consistency, remove from the heat and garnish with some coriander leaves. Serve hot.

Reference

1. Lotus Root; Food Literacy Center