

Her food story

Veena Dhiman, a progressive farmer from Himachal Pradesh, India, shares a chai recipe from nutritious **kodra** or finger millet.



Kodra Chai

1. Add ghee / clarified butter in a kadhai / pan
2. Add kodra flour and roast till there is a distinct aroma
3. Add chopped dried fruits - walnut, almonds, cashews - and roast
4. Let the mixture cool down and store in an airtight container
5. To make chai, add one teaspoon of the mixture per cup to boiling water
6. Add jaggery to taste
7. Pour and serve

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