## LONGEVITY FOODS

Variety of boiled vegetarian foods, very good for digestion and longevity-

**Boiled Beans Potato** 

Boiled beans rice



Boiled bhindi rice

boiled cabbage papaya



Boiled channa tomato

boiled dal rice



Boiled dalia potato tomato

Boiled dalia Tomato



Boiled ground nuts

Boiled peas beans



Boiled potato peas bread

Boiled peas



Boiled potato channa

Boiled potato curd chips, tomato soup



Boiled rice potato tomato chhachh

Boiled potato rice



Boiled potato Shimla mirch

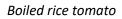
Boiled pulao curd



Boiled rice curd muli

Boiled rice curd masala





## Mango Namkeen



Dahi +Namkeen

Rice kadi vegetables



Tomato Namkeen Juice

Upma Sahajan Vegetables



These are only few combinations of vegetable longevity foods. Innumerable variety can be created based on availability of food items at the time of preparation.