

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



Boiled rice tomato



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.