

How To Relish Sesame Seeds In Pregnancy

Make a sesame seed dip (tahini) for your crunchy veggies to eat as snacks.



Blend the seed into a chutney to eat with main dishes such as rice or quinoa.

Sprinkle or mix sesame seeds with mint or coriander chutneys for a crunchy texture and increased nutritional value.



Prepare some easy and delicious Indian sesame seed sweets such as til ladoo, chikki, or revdi for a healthy dessert.

Garnish curries or noodles with roasted sesame seeds.

