

## Rajasthan

### Bati:



### INGREDIENTS

for bati:

- ☐ 2 cup wheat flour / atta
- ☐ ¼ tsp salt
- ☐ ¼ tsp baking powder
- ☐ ¼ cup [ghee / clarified butter](#)
- ☐ water to knead

Method:

### INSTRUCTIONS

1. firstly, in a large bowl take 2 cup wheat flour, ¼ tsp salt, ¼ tsp baking powder and ¼ cup ghee.
2. mix well making sure the dough is moist.
3. now add water as required and knead the dough.
4. pinch a small ball sized dough and roll with x impression.
5. place the rolled bati in each mould of appe pan
6. cover and cook on low flame for 30 minutes all sides.
7. dip the bati in ghee for more soft bati from inside.
8. finally, enjoy dal bati churma along with slices of onion and chilli.

**Nutrients:**

Protein	2.8 g	5%
Carbohydrates	15.3 g	5%
Fiber	1.7 g	7%
Fat	7.8 g	12%