



Hphf Roti

Serving: 1

Veg

Ingredients

- 1 Tbsp Gram Flour
- 1 Tbsp Quinoa Flour
- 2Tbsp Oats Flour
- 1 Tbsp Coconut Flour
- 1/2 Tsp Ajwain Seeds
- 1/2 Tsp Pink Salt
- 2 Tbsp Curd
- 1Tbsp Buckwheat flour
- 1 Tbsp Hempseed Flour
- 1 Tsp Flax seed Powder
- 1 Tsp Green Chilli Paste

Preparation Method

- Mix all the above ingredients.
- We don't use water instead we used curd to knead the dough.
- Keep dough aside for 10-15 Minutes.
- Roll it into 2 rotis.
- Serve hot immediately.
- If allergic to curds please skip it and use water to knead the dough.