



Oats Moong Dal Dahi Vadas

Serving: 1

Veg

Ingredients

- Urad dal 2 tbsp
- Green moong dal (split)1tbsp
- salt to taste
- 1 tbsp oats (roasted and powdered)
- Fruit salt pinch
- $\frac{1}{4}$ tsp oil for greasing
- 2 tbsp low fat curd
- 1 tsp jeera powder
- 1 tsp red chilli powder

Preparation Method

- Churn Overnight Soaked urad dal and moong dal together
- Let it ferment for 3 hours
- Add Powered oats ,fruit salt to the mixture
- Pour the mixture in the appam Moulds and cook on both the sides
- Put the vadas in water for 2 mins ,Squeeze them and place it on the platter
- Garnish it with Curd ,red chilli powder Cumin seed Salt ,chutney if required