



Soya Cucumber Pancake

Serving: 1

Veg

Ingredients

- 1. Thickly grated cucumber - $\frac{1}{2}$ cup
- 2. Soya flour - $\frac{1}{4}$ cup
- 3. Semolina (rava) - 1 tbsp
- 4. Finely chopped green chillies - 2 tsp
- 5. Finely chopped coriander - $\frac{1}{2}$ cup
- 6. Low fats curds - 2 tbsp
- 7. Salt to taste
- 8. oil for greasing

Preparation Method

- 1. Combine all ingredients along with 1 cup of water in a bowl and mix well to make a batter of dropping consistency.
- 2. Heat a non-stick tava (griddle) and grease it lightly using $\frac{1}{4}$ tsp of oil.
- 3. Pour a ladleful of the batter on it and spread in a circular motion to make pancake.
- 4. Cook, using $\frac{1}{4}$ tsp of oil till it is golden brown in colour from both the side.
- 5. Serve hot with nutritious green chutney.
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