



Methi Thepla*

Serving: 1

Veg

Ingredients

- -3 tbsp Almond flour
- -1 tbsp psyllium husk
- -4-5 tbsp fenugreek leaves finely chopped
- -1 tsp minced ginger
- -1 tbsp coriander leaves chopped
- - $\frac{1}{2}$ tsp red chilli powder
- - $\frac{1}{2}$ tsp chopped green chillies
- -2 tbsp olive oil or coconut oil
- -salt to taste
- -1 tsp cumin seeds

Preparation Method

- -Combine the almond flour, coconut flour, psyllium husk and the methi leaves along with all other ingredients.
- -Mix it well some 3-4tbsp of water to make the dough soft. Keep the dough covered for about 45 minutes.
- -Roll into a ball using a rolling pin or a tortilla maker, flatten into a paratha.
- -Take an iron skillet, heat the oil in it and fry the paratha in some ghee