



Flaxseed Meal Roti\*

Serving: 1

Veg

### *Ingredients*

- 100 grams flaxmeal
- 2. 5 tbsp psyllium husk
- Spices ( salt and ajwain )
- 1 cup boiling water
- 1 tsp Ghee

### *Preparation Method*

- Mix all the dry items together
- Add the boiling water little by little and mix until mixture is a sticky dough
- Let it rest for 10 mins
- Make 2 disks out of the dough
- Put one on a piece of foil .Use finger to press the disk onto flat roti . around 2 mm thick
- Heat a tsp ghee in a frying pan. Carefully peel the roti off the foil and put it into the ghee
- Cook both sides for around 2-3 minutes
- Roti is ready