



Tur Dal Protein Roti

Serving: 1

Veg

Ingredients

- -2 tbsp soya flour
- -2 tbsp cooked toovar dal
- -2 tbsp jowar (white millet) flour
- -2 tbsp whole wheat flour (gehun ka atta)
- - $\frac{1}{4}$ tsp turmeric powder (haldi)
- -1 $\frac{1}{2}$ tsp finely chopped coriander (dhania)
- - $\frac{1}{4}$ tsp chilli powder
- - $\frac{1}{2}$ tsp coriander (dhania) powder
- - $\frac{1}{4}$ tsp garlic (lehsun) paste
- -salt to taste

Preparation Method

- -Combine all the ingredients in a bowl and knead into soft, smooth dough, using enough water.
- -Divide the dough into 2 equal portions.
- -Place the roti on a non-stick tava (griddle). Turn over in a few seconds.
- -Cook the other side for a few more seconds.
- -Lift the roti with a pair of flat tongs and roast over an open flame till brown spots appear on both the sides.
- -Repeat with the remaining portions to make 1 more rotis.
- -Serve hot.