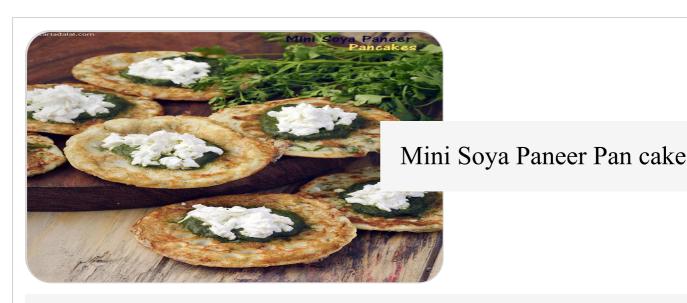


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Serving: 1 Veg

Ingredients

- 1 tbsp cup jowar (white millet) flour
- 1 tsp split black lentils (urad dal) flour
- 2 tbsp soya flour
- ¹/₄ grated cucumber
- 50 gams grated low fat paneer(cottage cheese)
- 2 tsp finely chopped green chillies
- 2 tbsp finely chopped coriander (dhania)
- salt to taste
- 2 tsp oil for cooking
- FOR THE TOPPING
- 1/4 cup healthy green chutney

Preparation Method

- 1. Combine the jowar flour, urad dal flour, soya flour and salt with ¹/₂ cups of water in a deep bowl and mix well to make a thin batter.
- 2. Add the cucumber, paneer ,green chillies and coriander and mix well.
- 3. Heat a non stick pan and grease it with oil.
- 4. When hot, pour a spoonful of batter and spread tit to make mini pancakes.
- 5. Cook on both the sides till golden brown in colour.
- 7. Top each pancake with a little green chutney and paneer.
- 8. Serve immediately.