

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

## Ingredients

- -1 cups buttermilk
- -2 tbsp ragi (nachni / red millet) flour
- -2 tbsp grated carrot
- 1/4 cup chopped vegetable
- -1 slit green chilli chopped
- -1 finely chopped ginger (adrak) or to taste
- -salt to taste

## Preparation Method

- -Combine all the ingredients in a kadhai.
- -Cook it on a slow flame till it thickens like a porridge.
- -Serve hot.