



Oats Veg Dosa

Serving: 1

Veg

Ingredients

- Serves 1
- 1 tbsp quick rolled oats
- 1 tbsp rice flour
- $\frac{1}{2}$ tsp roasted rawa
- 2 tbsp grated beetroot
- 2 tbsp grated carrot
- 1 tbsp grated cabbage
- $\frac{1}{2}$ piece of ginger, grated
- $\frac{1}{4}$ tsp black pepper powder
- $\frac{1}{4}$ tsp cumin seeds powder
- Salt to taste
- Oil - $\frac{1}{2}$ tsp
- Chopped coriander for the garnishing

Preparation Method

- 1. Combine all the ingredients except the vegetables and blend in a mixer to make a smooth paste. Cover and keep aside in a warm dry place for 15 minutes. Add the vegetables.
- 2. Heat a non-stick pan and grease lightly with oil.
- 3. Pour a ladle full of the batter and spread in a circular motion and make a thin dosa and cook on one side. Pour oil on the sides and cook on both the sides till crispy.
- 4. Serve hot with green chutney or sambhar. Makes 1 dosa