



Cucumber Soya Pancake

Serving: 1

Veg

Ingredients

- Serves 1
- - $\frac{1}{4}$ cup thickly grated cucumber
- -2 tbsp soya flour
- -2 tbsp semolina (rava)
- - $\frac{1}{2}$ tsp finely chopped green chillies
- -2 tbsp finely chopped coriander leaves
- -1 tbsp low fat curds
- -Salt to taste
- -1 tsp oil for cooking

Preparation Method

- -Combine all the ingredients with enough water to make batter of dropping consistency.
- -Heat a non-stick tava & grease lightly with oil. Pour a ladleful of the batter and make a pancake of circle.
- -Cook using $\frac{1}{4}$ tsp of oil till golden brown in colour from both the sides.
- -Serve hot with chutney .