



Beetroot roti

Serving: 1

Veg

### *Ingredients*

- **-Makes 2 roti :**
- -1 medium boiled , peeled and grated beetroot
- -1 tsp sesame seeds (til)
- -2 tbsp jowari atta
- -1 tsp oil
- - $\frac{1}{4}$  tsp chilli powder
- - $\frac{1}{4}$  tsp coriander (dhania) powder
- - $\frac{1}{4}$  tsp turmeric powder (haldi)
- -a pinch of asafoetida (hing)
- -salt to taste
- -1 tsp oil for cooking

### *Preparation Method*

- -Combine all the ingredients in a deep bowl and knead into soft dough, using very little water.
- -Divide the dough into 2 equal portions and roll out each portion into a circle .
- -Heat a non-stick tava (griddle) and cook each roti, using  $\frac{1}{4}$  tsp of oil, till it turns golden brown in colour from both the sides.
- -Allow the rotis to cool completely.