



Coconut Roti*

Serving: 1

Veg

Ingredients

- -50gms Desiccated Coconut
- -1 tablespoon Psyllium Husk (Isabgul)
- -10ml or 1 tbsp Melted Coconut oil
- - $\frac{1}{2}$ tsp Ajwain or Carrom Seeds
- - $\frac{1}{4}$ th tsp Pink Salt
- - $\frac{1}{2}$ cup Hot water
- -2 tsp Ghee

Preparation Method

- -In a bowl measure the desiccated Coconut and Psyllium husk. Add the salt put it in a grinder.
- - Now grind the mixture till it is a fine powder.
- -Take out the mixture in a bowl, add the melted oil and carom seeds to it. Mix well.
- -Slowly add half the water to it.
- -The ingredients will start binding with each other; add more only if you think the batter is very dry and not coming together.
- -The water needs to be hot, not boiling.
- -Now let the dough rest for five to seven minutes. Heat the griddle or non-stick pan on which you intent to cook the chapatti.
- Let the dough rest for five to seven minutes
- Smear the hot plate or tawa with half the ghee and got it ready.
- Cut two pieces of parchment or baking paper. Divide the batter into four parts and form small balls in your hands.
- Place one ball between the sheets of paper and lightly press with a rolling pin or belan. Do not apply too much pressure or the batter will stick to the paper
- Place the dough ball between two sheets of paper. use rolling pin
- Now you can either lift the bread with a flat spoon or with your hands and place it on the hot plate.
- keto india, keto roti, keto pita, keto, desi keto, keto chapatti, ketogenic diet, keto for india
- Cook on a hot plate on one side
- Keep the heat high and let it get lightly golden on one side before you turn it.



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