



Spinach Moong Dal idlis

Serving: 1

Veg

Ingredients

- Roughly Chopped Spinach $\frac{3}{4}$ cup
- Yellow moong dal 3 tbsp (split yellow gram)
- green chillies chopped
- Fruit salt - a pinch
- Fresh Low -fat curd - 1 tbsp
- Salt as per taste

Preparation Method

- Mix Spinach ,Yellow Moong Dal (Soaked for 4 hours and drained it)add Green Chillies and blend in a mixer till it turns into a smooth paste do not use water any water
- Put the mixture into a bowl ,add salt ,curds and mix well
- Add Fruit salt to the batter just before Steaming and pour 3 tbsp Water over it .
- Mix gently ,when the bubbles form
- Grease the idli moulds by oil ,add spoonful of batter into idli mould and steam in a steamer for 15 mins till idlis are cooked
- Let it cool slightly ,demould and serve