



Oats Rava Palak Dhokla

Serving: 1

Veg

Ingredients

- **INGREDIENTS:**
- $\frac{1}{2}$ cup powdered quick cooking rolled oats
- $\frac{1}{2}$ cup semolina (rava)
- $\frac{1}{2}$ cup chopped spinach (palak)
- $\frac{1}{4}$ cup low - fat curds (dahi)
- $\frac{1}{2}$ tsp green chili paste
- salt to taste
- $\frac{1}{2}$ tsp fruit salt

Preparation Method

- 1. Combine the oats, semolina, curds, green chili paste, salt and $\frac{1}{2}$ cup of water in a deep bowl, mix well and keep aside for 15 minutes.
- 2. Add the spinach and 2 tbsp of water and mix well to make batter of dropping consistency.
- 3. Just before steaming, add the fruit salt and $\frac{1}{4}$ cup of water over it.
- 4. when the bubbles form mix gently.
- 5. Pour the batter in to a 200 mm. (8 ") diameter thali clockwise to spread the batter in an even layer.
- 6. Steam in a steamer for 10 to 12 minutes or till the dhokla are cooked.
- 7. Keep aside to cool for 3 to 4 minutes and cut into diamond shaped equal sized pieces.
- 8. Serve immediately.
- **HANDY TIP :**
- 1. For $\frac{1}{2}$ cup of powdered oats, blend $\frac{3}{4}$ cup of quick cooking rolled oats in a mixer.