

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

Ingredients

- - 3 tbsp oats
- $-\frac{1}{4}$ tsp mustard seeds
- - 5-6 curry leaves
- $-\frac{1}{2}$ tbsp channa dal
- $-\frac{1}{4}$ tsp turmeric powder
- -1 small chopped green chili
- - salt to taste
- -1 tbsp lemon juice (adjust according to taste)

Preparation Method

- -Dry roast mustard seeds, channa dal, and curry leaves in a pan.
- -Add ¹/₂ cup water along with turmeric, green chili and salt (To taste)
- -Add oats and cook for 2-3 minutes.
- - Add juice of lemon mix well and serve