

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



Serving: 1 Veg

Ingredients

- 5 tsp of jowari flour
- · warm water

Preparation Method

- -Firstly, boil water and put it aside. In a flat base bowl add jowar atta
- -Carefully add little warm water into the flour.
- -Start kneading the dough and keep adding water to knead until a thick dough is formed.
- -Take the portion of the dough, make a round ball of the dough.
- -You can either use a rolling board or you can use the kitchen platform to roll out the roti.
- -Usually the roti is patted or beaten with the palm of your hand and pressed to get a circular roti.
- -Heat the tawa well.-Lift the roti very carefully and place it on the tawa.
- -Flip the roti again and press it so that the roti gets cooked well on all sides.
- -Serve hot with vegetable.