



Nutritive Green Roti

Serving: 1

Veg

Ingredients

- -2 tbsp grated red pumpkin
- -4 tbsp chopped spinach (palak)
- -2 tbsp jowar atta / bajra atta / kuttu atta
- - $\frac{1}{2}$ tsp chilli powder
- - $\frac{1}{4}$ tsp turmeric powder (haldi)
- -salt to taste
- -1 $\frac{1}{4}$ tsp oil for cooking

Preparation Method

- -Combine all the ingredients in a deep bowl, mix well and knead into a semi-soft dough using enough water.
- -Divide the dough into equal portions.
- -Roll out a portion into a circle using a little flour for rolling.
- -Heat a tava (griddle) and cook the roti using $\frac{1}{4}$ tsp of oil, or till golden brown spots appear on both the sides.
- -Serve immediately