



## Green Oats Toast ( ES )

Serving: 1

Veg

### *Ingredients*

- -For The Topping
- -2 tbsp green moong dal (split green gram) , soaked and drained
- -2 tbsp roughly chopped coriander (dhania)
- -1 tbsp quick cooking rolled oats
- -1 tsp finely chopped green chillies
- - $\frac{1}{2}$  tsp lemon juice
- -pinch baking powder
- -salt to taste
- -Other Ingredients
- -2 whole wheat bread slices
- -1 tsp olive oil for brushing and cooking

### *Preparation Method*

- -Combine all ingredients in a mixer and blend to a smooth paste.
- -Transfer the paste into a bowl and divide it into 2 equal portions. Keep aside.
- -Brush of oil on one side of each bread slice.
- -Place each bread slice on a flat surface, with the brushed side facing downwards and spread a portion of the topping evenly over it.
- -Place each open sandwich on a non-stick tava (griddle) with the prepared topping side facing downwards and cook, using  $\frac{1}{4}$  tsp of oil, till the topping turns golden brown
- in colour.
- -Turn over and cook on the other side till it turns golden brown in colour.
- -Cut each toast into 2 equal triangles and serve immediately