



High Fiber chilla

Serving: 1

Veg

Ingredients

- -2 tbsp buckwheat (kutto or kutti no daro)
- -2 tbsp oats atta
- -2 tbsp low-fat curds (dahi)
- -1 tsp ginger-green chilli paste
- -1 tbsp grated carrot
- - $\frac{1}{4}$ cup chopped spring onions whites and greens
- -1 tbsp finely chopped coriander (dhania)
- -salt to taste
- -1 tsp oil for cooking

Preparation Method

- -Combine the buckwheat, curds and $\frac{1}{2}$ cup of water in a deep bowl and mix well. Cover with a lid and keep aside for 1 hours.
- -Blend the mixture to a smooth paste using no water.
- -Transfer the mixture into a deep bowl, add all the remaining ingredients and add water and mix well.
- -Heat the oil in a non-stick tava (griddle) and pour a ladleful of the batter and spread it evenly to make a circle and cook on a medium flame using $\frac{1}{4}$ tsp of oil till both the sides are golden brown in colour.
- -Serve immediately with green chutney.