



Tur Dal Protine Roti

Serving: 1

Veg

Ingredients

- 1 tsp soya flour
- 1 tsp cooked toovar (arhar) dal
- 1 tsp jowar (white millet) flour
- 1 tsp whole wheat flour (gehun ka atta)
- 1 tsp turmeric powder (haldi)
- 1 tsp finely chopped coriander (dhania)
- pinch chilli powder
- Pinch coriander (dhania) powder
- $\frac{1}{2}$ tsp garlic (lehsun) paste
- salt to taste

Preparation Method

- Combine all the ingredients in a bowl and knead into soft, smooth dough, using enough water.
- Roll out again into a circle using whole wheat flour.
- Place the roti on a non-stick tava (griddle). Turn over in a few seconds.
- Cook the other side for a few more seconds.
- Lift the roti with a pair of flat tongs and roast over an open flame till brown spots appear on both the sides.
- Serve hot.