



## Baked Puris ( ES )

Serving: 1

Veg

### *Ingredients*

- Jowar (white millet) flour 1 cup
- Soya flour 1 tbsp
- Poppy seeds  $\frac{1}{2}$  tsp
- Chilli powder  $\frac{1}{4}$  tsp, as per taste
- Turmeric powder- a pinch
- Roasted peanuts 1 hadndful
- Oil-  $\frac{1}{2}$  tsp.
- Salt use minimum, to taste.

### *Preparation Method*

- Mix all the ingredients in a bowl and knead into soft dough using a little water.
- Divide the dough into small equal portions.
- Roll out into thin puris and prick each puri with a fork.
- Arrange the puris on a baking tray.
- Bake in a pre-heated oven at 200°C (400°F) for 7-10 minutes.
- Cool and store in an air-tight container.