



Flax Seed Shakarpara (ES)

Serving: 1

Veg

Ingredients

- -3 tbsp coarsely powdered flax seeds (alsi)
- - $\frac{1}{4}$ cup Jowari flour
- - $\frac{1}{4}$ cup Bajra flour
- -1 tbsp olive oil
- -1 tbsp dried mixed herbs
- -1 tsp dry red chilli flakes (paprika)
- -salt to taste

Preparation Method

1. Combine all the ingredients in a deep bowl and knead into a stiff dough using water as required (approx. $\frac{1}{4}$ cup). Cover with a lid and keep aside for 15 minutes.
2. Divide the dough into 2 equal portions.
3. Roll out a circle without using any flour for rolling. Trim slightly from 4 sides to get a perfect square.
4. Prick it lightly with a fork and cut .
5. Repeat steps 3 and 4 to make more shakarparas.
6. Arrange all the shakarparas on a baking tray and bake in a pre-heated oven at 180°C (360°F) for 15 minutes or till they turn light brown and crisp from both the sides,
7. while turning twice in between after every 5 minutes. Keep aside to cool slightly.
8. Serve or store in an air-tight container.