



Idli*

Serving: 1

Veg

Ingredients

- -Paneer 100gm
- -Coconut flour 1 cup
- -Flax seed $\frac{1}{2}$ cup
- -Almonds 20
- -Green chilly
- -Ginger paste
- -Hung curd

Preparation Method

- -Grind or grate 100 gm paneer.
- -Take 1 cup coconut flour, $\frac{1}{2}$ cup flax seed and 20 almonds and grind them to a fine powder
- -Add this to the grated paneer and blend.
- -Add 2 tbsp of green chilly and ginger paste.
- -Add 2 tbsp of hung curd and 2 tsp of salt.
- -Blend well to make a thick batter.
- -Now, spread this batter onto a well-greased idli moulds.
- -Steam the idli in the cooker for 20 minutes.
- -Delicious idlis are ready to serve.