



Lemony oats (OP W)

Serving: 1

Veg

Ingredients

- - 3 tbsp oats
- - $\frac{1}{4}$ tsp mustard seeds
- - 5-6 curry leaves
- - $\frac{1}{2}$ tsp channa dal
- - $\frac{1}{4}$ tsp turmeric powder
- - 1 small chopped green chili
- - salt to taste
- - 1 tbsp lemon juice (adjust according to taste)

Preparation Method

- -Dry roast mustard seeds , channa dal , and curry leaves in a pan.
- -Add $\frac{1}{2}$ cup water along with turmeric , green chili and salt (To taste)
- -Add oats and cook for 2-3 minutes .
- - Add juice of lemon mix well and serve