



Masala Thepla*

Serving: 1

Veg

Ingredients

- -2 tbsp desiccated coconut
- -4 tbsp almond flour
- -1 tbsp psyllium husk
- -1 tsp red chili powder
- -1 tsp white sesame powder
- - $\frac{1}{2}$ tbsp yoghurt
- - $\frac{1}{2}$ tsp grated ginger
- - $\frac{1}{2}$ tsp coriander powder
- -1 tsp cumin powder
- - $\frac{1}{2}$ tsp turmeric powder
- - $\frac{1}{4}$ cup water (as required)
- -1 tbsp coconut or olive oil

Preparation Method

- -Make a dough by mixing together all the ingredients.
- -Roll out a circle using the dough.
- -Cook it on both the sides on a pan using oil.