



## Almond Roti\*

Serving: 1

Veg

### *Ingredients*

- -1 tbsp psyllium husks ground,
- - 2 tbsp almond flour
- - $\frac{1}{4}$  teaspoon sea salt
- - $\frac{1}{4}$  cup hot water( as required )
- -hot water as needed
- 1/2 tsp jeera Powder Or 1/2 crushed Ajwain ( Optional )

### *Preparation Method*

- -In medium bowl, whisk together the psyllium, almond flour, and sea salt, jeera Or Ajwain .
- -Add little hot water then knead into a dough.
- -Add in more hot water as needed to form dough. -
- -Divide dough into balls. Then, flatten each ball as thin as possible into round rotis. Roll rotis in between parchment paper
- Grill each side of roti until browned. Serve