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Serving: 1 Veg

## Ingredients

- -2 tsp whole wheat flour (gehun ka atta) and 3 tsp of Jowari atta
- $-\frac{1}{4}$  cup chopped onions
- -1 tbsp chopped coriander (dhania)
- -1 chopped green chillies
- -1 tsp cumin seeds (jeera)
- -1 tsp pomegranate (anardana) powder
- -1 tsp home made ghee
- · -salt to taste

## Preparation Method

- 1. Combine all the ingredients in a deep bowl and knead into a stiff dough using enough water.
- 2. Divide the dough into 1 portions and roll out each portion into a circle using a little whole wheat flour for rolling and prick it using a fork.
- 3. Heat a non-stick tava (griddle), grease it with ghee and cook each circle, on a slow flame, using ghee, till it turns golden brown in colour and crisp from both the sides.
- 4. Serve hot