

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

Ingredients

- 4 tbsp wheat atta or Bran atta
- 1 tbsp isabgul
- 4 tbsp palak puree OR Beet root Puree
- Salt to taste

Preparation Method

- Makes 2 roti:
- Take the flour in a bowl, add palak puree or beet root puree little by little and knead the dough, NO extra water is required, make dough with palak puree or beet root puree only, add salt to taste.
- Heat tawa on medium flame , Fry roti both side , no oil . serve