



Oats buttermilk

Serving: 1

Veg

Ingredients

- -1 tbsp oats / Oats powder
- -2 tbsp curds
- - $\frac{1}{4}$ tsp ginger
- - $\frac{1}{2}$ tsp jeera
- -5-6 mint leaves
- -Pinch of sugar
- -Black pepper powder to taste
- - $\frac{1}{4}$ tsp Green chilli chopped (optional)
- - 1 glass cold water

Preparation Method

- -Roast oats for 4-5 minutes . Cool and grind
- -Soak oats in little water for 2-3 minutes
- -Blend mint leaves , chilli , ginger and soaked oats
- -Add curds , remaining cold water . Blend for 30 seconds
- -Garnish with mint and serve