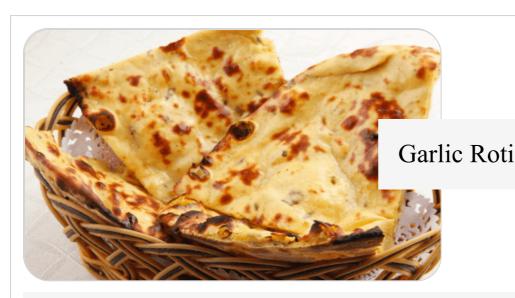


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Serving: 1 Veg

Ingredients

• Ingredients:

- -1 tbsp Whole wheat flour
- -1 tbsp Bajra (black millet flour)
- $-\frac{1}{2}$ tsp chilli powder
- -1 tbsp cooking rolled oats atta
- -2 tbsp Finely chopped fresh green garlic (Hara lehsun)
- -1 tsp oil for cooking
- Salt to taste

Preparation Method

- -Put all the ingredients in a Bowl and Knead into a Dough till it becomes slightly Soft, use sufficient warm water.
- -Knead the Dough again by Using of oil till becomes smooth.
- -Each proportion of the Dough roll out in to Circle between Two greased plastic sheet
- -First Heat a non stick Tawa (griddlle) cook each roti use 1/3 tsp of oil, till slightly brown spots appear on both the Sides
- -Serve hot