Oats Chilla

Here’s **complete information about Oats Chilla** — a healthy, quick, and tasty Indian dish 👇

**🥣 What is Oats Chilla?**

**Oats Chilla** (also called **Oats Cheela**) is a **savory Indian pancake** made from oats, vegetables, and spices. It’s a **healthy breakfast or snack** option — light, filling, and rich in fiber and protein.

**🌾 Main Ingredients**

* **Oats** (rolled or quick oats) – 1 cup
* **Besan (gram flour)** – 2 tbsp (optional, helps bind the batter)
* **Water or curd** – for making batter
* **Chopped vegetables** – onion, tomato, carrot, capsicum, coriander, etc.
* **Green chili & ginger** – for flavor
* **Salt, turmeric, cumin, chili powder** – for seasoning
* **Oil or ghee** – for shallow frying

**👩‍🍳 How to Make Oats Chilla**

1. **Grind oats** into a fine powder using a blender.
2. **Mix in** besan, salt, and spices.
3. **Add vegetables** and water to make a smooth, pourable batter (like dosa batter).
4. **Heat a non-stick pan**, grease lightly with oil.
5. **Pour a ladleful of batter** and spread it into a round shape.
6. **Cook on medium flame** for 2–3 minutes on each side until golden brown.
7. **Serve hot** with chutney, curd, or tomato ketchup.

**💪 Health Benefits**

* **High in fiber:** Aids digestion and keeps you full longer.
* **Good for weight loss:** Low in calories, promotes satiety.
* **Heart healthy:** Oats help reduce cholesterol levels.
* **Rich in protein:** Especially when made with besan or curd.
* **Controls blood sugar:** Slow-digesting carbohydrates.

**🍽️ Serving Suggestions**

* Serve with **green chutney**, **mint yogurt dip**, or **tomato salsa**.
* Can be enjoyed as **breakfast**, **evening snack**, or a **light dinner**.
* Pair with **masala chai** or **herbal tea** for a perfect combo.

**🕒 Preparation Time**

* **Prep time:** 10 minutes
* **Cooking time:** 10 minutes
* **Total time:** 20 minutes

Would you like me to give you a **diet-friendly oats chilla recipe for weight loss** (with exact calories and proportions)?

AI Humanizer

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• Oats (rolled oats or quick oats) – 1 cup

• Besan (gram flour) – 2 tbsp (optional, will help to bind the batter)

• Water or curd – to make the batter

• Chopped vegetables – onion, tomato, carrot, capsicum, coriander...

• Green chili & ginger – for flavor

• Salt, turmeric, cumin, chili powder – for seasoning

• Oil or ghee – for shallow frying

👩‍🍳 Instructions for Making Oats Chilla

1. Blend oats to a fine powder using a mixer or grinder.

2. Combine the oats powder, besan, salt, and spices together.

3. Add the veggies and thin with water; it should be thin and pourable, similar to dosa batter.

4. Heat a non-stick pan with a little grease like oil in it. If it has a tendency to stick, more oil will need to be added.

5. Pour a ladle of batter onto a hot pan and spread it into a round shape.

6. Cook the chilla on medium flame for 2-3 minutes or until it is golden brown on both sides.

7. Serve hot with chutney, curd, or tomato ketchup.

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💪 Health Benefits

• High fiber: Helps digestion and keeps you full longer.

• Weight loss: Very low calorie while keeping you full longer.

• Heart: Oats are said to lower your cholesterol levels.

• Protein: All protein, especially if made with besan or curd.

• Blood Sugar: Oats are slow digesting carbs.

🍽️ Suggestions for Serving

• Serve with green chutney, mint-yogurt dip or tomato salsa.

• Can be eaten for breakfast, an evening snack or a light dinner.

• Pair with masala chai or herbal tea to serve as a complete combo,

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