**Sattu Paratha**

Prep time: 5 min Cook time: 0 min

**Ingredients:**

* ½ cup thick poha, rinsed and drained
* ¾ cup low-fat or homemade curd
* 1 tbsp jaggery powder or chopped dates
* A pinch of cardamom (optional)
* Seasonal fruits or nuts (banana, pomegranate, almonds)

**Instructions:**

1. Rinse poha lightly in a strainer. Let it rest for 2–3 minutes until soft but not mushy.
2. In a bowl, combine curd and softened poha. Mix well.
3. Stir in chopped fruit, jaggery or honey if using, and cardamom.
4. Serve immediately or chill for 10 minutes for a cooler taste.