**Puran Poli**

Prep time: 3 hours Cook time: 30 min

**Ingredients:**

Filling:

* ½ cup chana dal, soaked 2–3 hrs
* ¼ cup powdered jaggery
* ¼ tsp cardamom powder

Dough:

* ½ cup whole wheat flour
* A pinch of salt
* Water as needed
* 1 tsp ghee (for brushing)

**Instructions:**

1. Combine flour, salt, water and oil to knead a soft dough. Cover and rest for 30 min.
2. Cook soaked chana dal until soft. Drain and mash well.
3. In a non-stick pan, mix dal, jaggery, cardamom and nutmeg. Cook on low until dry. Cool completely.
4. Divide dough and filling into equal portions. Roll dough balls, place filling inside, and seal edges.
5. Gently roll into a flat disc using dry flour.
6. Brush lightly with ghee and roast on a heated non-stick tawa until golden spots appear on both sides.