



Rava Upma

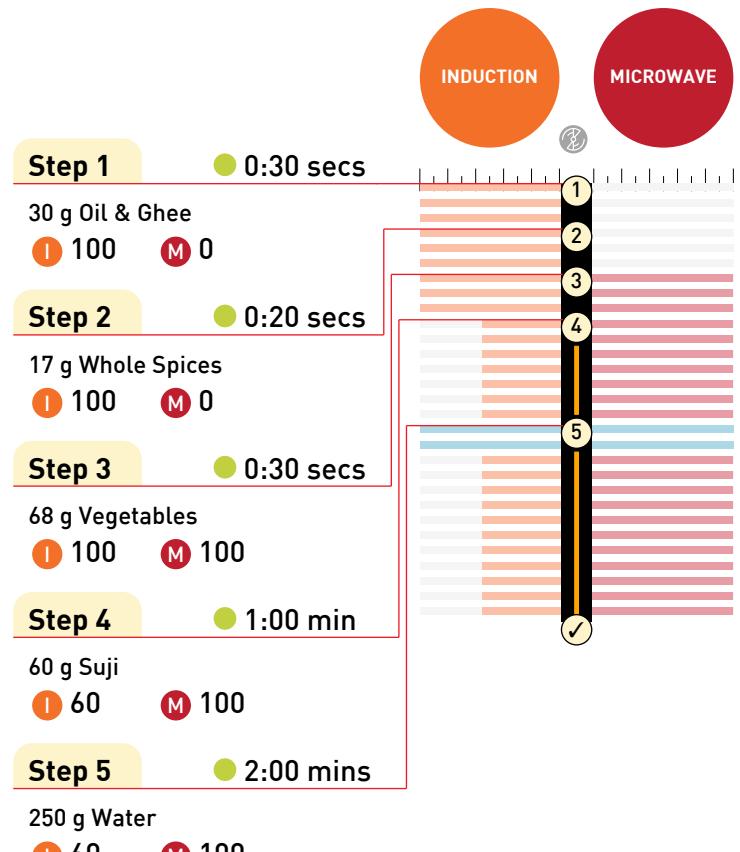
Cooking Time

On2Cook: 4:20 mins Normal Cooking: 20 mins

Accessories: Pan Honeycomb (Non-Stick), Silicone Stirrer

Ingredients

30 g	Oil & Ghee
	20 ml Oil, 10 g Ghee
17 g	Whole Spices
	2 g Curry Leaves, 2 g Mustard Seeds
	2 g Cumin, 1 g Asafetida
	10 g Peanut
68 g	Vegetables
	30 g Onion, 30 g Tomato
	3 g Green Chilli, 5 g Ginger
60 g	Suji
250 g	Water



Total Output:
300 g