



## Rava Upma

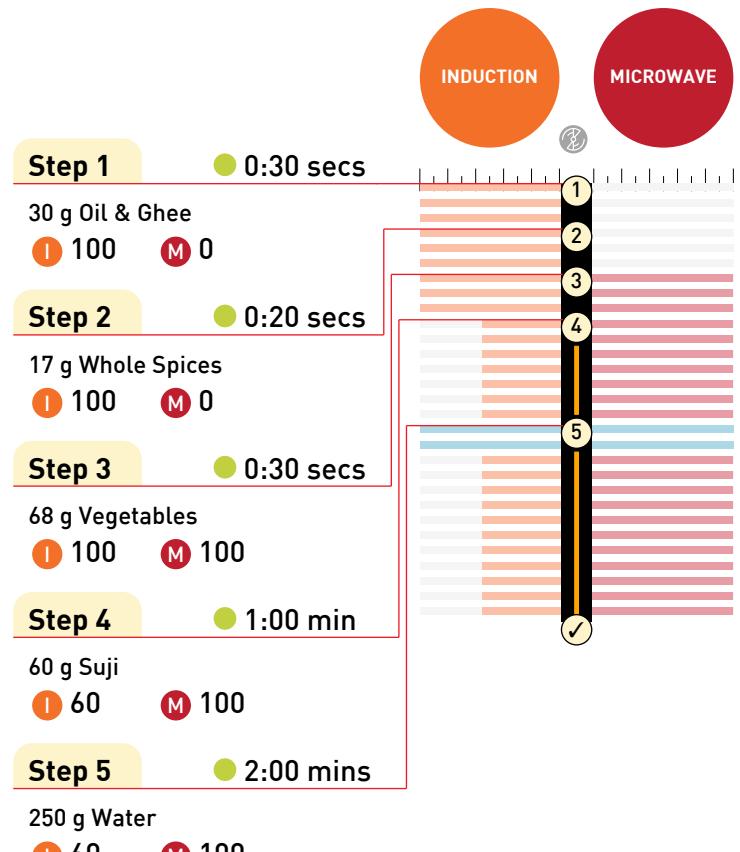
### Cooking Time

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