DietCloud – Recipe

Recipe Name: Thalipeeth Bhajani Recipe -Typical Maharashtrian Multigrain Flour Mix

Diet Type:

Course: Vegetarian

Cuisine: Maharashtrian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Jowar Seeds	500
• 250 grams Ragi Seeds	
• 250 grams Rice	
• 125 grams Wheat Germ	
• 125 grams Bajra (seeds)	
• 125 grams Green Moong Dal (Whole)	
• 125 grams Masoor Dal (Whole)	
• 125 grams Kala Chana (Brown Chickpeas)	
• 125 grams Moth Dal (Matki)	
• 125 grams Soybeans (Whole Soya dal)	
• 6 tablespoon Coriander (Dhania) Seeds	
• 2-3 tablespoon Cumin seeds (Jeera)	

Preparation

• To begin making the Thalipeeth Bhajani, dry roast all the ingredients one by one in a heavy bottom pan.

• Roast till lightly browned on low to medium heat until crisp.

• It takes about 10 minutes to roast each ingredient.

• Once it is roasted properly, cool the ingredients for Bhajani down completely.

• Mix and grind to a fine powder in a mixer grinder and store the Thalipeeth Bhajani in an airtight container.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)