DietCloud – Recipe

Recipe Name: Healthy Pumpkin Carrot Idli Recipe
Diet Type: Vegetarian
Course: South Indian Breakfast
Cuisine: South Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 3 cups Idli Dosa Batter • 1 cup Kaddu (Parangikai/ Pumpkin) - peeled and cubed • 1/2 cup Carrots (Gajjar) - grated	6

Preparation

• To begin making the Healthy Pumpkin Carrot Idli Recipe, we need to first keep the idli batter ready.

• To make the pumpkin puree.

• To this bowl, add the grated carrots, idli batter and mix well until combined.

• If the knife comes out clean, turn off the flame and remove the idli plates from the steamer.

• Drizzle the Healthy Pumpkin Carrot Idli with some ghee and serve piping hot.

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Macronutrients

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