DietCloud – Recipe

Recipe Name: OATS DOSA

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Oats Dosa is a nutritious, modern twist on the traditional South Indian pancake, crafted from finely ground oats, rice flour, and aromatic spices. Golden-brown and delightfully crispy on the edges, this lightweight crepe is served folded alongside spicy chutneys for a savory experience. It offers a quick, wholesome meal ideal for a diabetes-friendly breakfast or light dinner.
[PROS]
- High in beta-glucan soluble fiber, supporting cardiovascular health and lowering cholesterol
- Provides a lower glycemic index compared to traditional fermented rice dosas
- Quick and easy to prepare without requiring lengthy overnight fermentation
[CONS]
- Texture can become chewy or soft quickly if not consumed immediately hot
- Relatively low in protein on its own unless served with a protein-rich lentil chutney or sambar
[DIETITIAN REVIEW]
Score: 8.5/10. Oats Dosa is an exceptional functional meal option for managing blood sugar levels and improving digestive health. Combining oats with spices like cumin and ginger enhances digestion while providing sustained, slow-release energy throughout the morning.

Ingredients

Ingredient	Quantity
• Rolled oats (ground to powder)	1/2 cup
• Rice flour	2 tbsp
• Fine semolina (rava)	2 tbsp
• Plain yogurt (curd)	2 tbsp
• Cumin seeds	1/2 tsp
• Finely chopped green chili	1 small
• Grated ginger	1/2 tsp
• Salt	To taste
• Water	3/4 cup (as needed)

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• Oil or ghee	1 tsp

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Preparation

• 1.

• Dry roast oats lightly and blend them into a smooth, fine powder.

• 2.

• In a mixing bowl, combine oat powder, rice flour, semolina, yogurt, cumin seeds, green chili, ginger, and salt.

• 3.

• Whisk in water gradually to make a smooth, thin, pourable batter; allow it to rest for 10 minutes.

• 4.

• Heat a non-stick tawa or skillet over medium-high heat and lightly smear with a drop of oil.

• 5.

• Pour a ladleful of batter in a circular motion starting from the outside towards the center to form a thin crepe.

• 6.

• Drizzle half a teaspoon of oil around the edges and cook on medium heat until the crepe turns golden brown and crisp.

• 7.

• Fold the dosa in half and serve hot with side chutneys.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	70	8	8	2