

Recipe Name: OATS DOSA
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

Ingredients

1 cup rolled oats?1 cup rice flour?¼ cup rava / semolina / suji, coarse?1 tsp salt?4 cup water?½ onion, finely chopped?2 chilli, finely chopped?2 tbsp coriander, finely chopped?2 tbsp curry leaves, chopped?1 tsp cumin

Instructions

firstly, in a pan dry roast, 1 cup of rolled oats until it turns crunchy.
 cool completely, and grind to a fine powder.
 transfer the oats powder to a large bowl.
 add 1 cup rice flour, ¼ cup rava, and 1 tsp salt.
 prepare a watery batter by adding 4 cup of water.
 now add ½ onion, 2 chilli, 2 tbsp coriander, 2 tbsp curry leaves, and 1 tsp cumin.
 mix well preparing a watery batter.
 rest for 15 minutes for oats and rava to soak well.
 after 15 minutes, you can see the batter is watery. you can adjust the consistency by adding water if required
 when the pan is super hot, pour the batter on the pan.
 spread 1 tsp oil and allow to roast for 2 minutes or until the dosa turns crisp.
 finally, enjoy the Crispy Oats Dosa Recipe with spicy chutney.

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

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