DietCloud – Recipe

Recipe Name: Lemon Oats Recipe

Diet Type:

Course: Indian Breakfast

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Instant Oats (Oatmeal)	2
• 3/4 cup Water	
• 1 Onion	
• 1 sprig Curry leaves	
• 3 Green Chillies	
• 1 teaspoon Ginger - grated	
• 2 tablespoon Lemon juice	
• 1 tablespoon Sunflower Oil	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Cumin seeds (Jeera)	
• 1-1/2 teaspoon White Urad Dal (Split)	
• 1 tablespoon Chana dal (Bengal Gram Dal)	
• 1/4 teaspoon Asafoetida (hing)	
• 3/4 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• Coriander (Dhania) Leaves - for garnish	
• Roasted Peanuts (Moongphali) - for garnish	

Preparation

• To begin making the Lemon Oats, wash chana dal well and soak in enough water for about 10 minutes.

• Dry roast oats on low flame until nice fragrant smell from the oats is released.

• Heat oil in a wide pan.

• Add mustard seeds and wait until it crackles.

• Next, add urad dal and soaked channa dal and fry till golden in colour.

• Add finely chopped onions, green chilies, curry leaves, grated ginger and saute until onions turn translucent.

DietCloud – Recipe

- Add turmeric powder, salt and mix everything well.
- Add water and bring to boil.
- Simmer the flame and add roasted oats.
- Mix well making sure no lumps is formed.
- Cover and cook for about 3 to 4 minutes.
- Now add lemon juice and mix well.
- Cook for another 3 minutes without covering.
- Garnish it with finely chopped coriander leaves, roasted peanuts and also some grated coconut.

Macronutrients

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