DietCloud – Recipe

Recipe Name: OATS UPMA

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Oats Upma is a wholesome, savory South Indian breakfast made by gently cooking roasted oats with sautéed vegetables, mustard seeds, and warm spices. Fluffy and fragrant, this dish is flecked with tender carrots, onions, and green chilies, then crowned with a golden roasted cashew. It is served warm as a nourishing, low-glycemic meal to start the day.
[PROS]
- High in beta-glucan soluble fiber, which actively supports heart health and healthy cholesterol levels
- Provides a sustained release of energy with a lower glycemic impact than traditional semolina upma
- Rich in dietary fiber and essential micronutrients from whole grains and mixed vegetables
[CONS]
- Prone to becoming sticky or mushy if the water ratio is not measured precisely
- Modest protein content unless supplemented with a side of yogurt, boiled eggs, or sprouted legumes
[DIETITIAN REVIEW]
Score: 9/10. Oats Upma is a stellar nutritional upgrade to traditional rava upma, substituting refined grains with fiber-dense whole oats. The inclusion of fresh vegetables and healthy fats from cashews makes it an exceptionally balanced, gut-friendly breakfast choice.

Ingredients

Ingredient	Quantity
• OATS	1/2 cup
• Oil or Ghee	1 tsp
• Mustard seeds	1/4 tsp
• Cumin seeds	1/4 tsp
• Cashews	2-3 pieces
• Onion (finely chopped)	2 tbsp
• Carrot (finely diced)	2 tbsp
• Green chili (finely chopped)	1/2 piece
• Water	3/4 cup

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- Salt to taste

- Fresh coriander leaves (chopped) 1 tbsp

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Preparation

• 1.

• 1.

• Dry roast the oats in a non-stick pan over medium heat for 3-4 minutes until lightly aromatic and crisp; set aside on a plate.

• 2.

• 2.

• In the same pan, heat the oil or ghee over medium flame and add mustard seeds and cumin seeds, letting them splutter.

• 3.

• 3.

• Add the cashews and sauté until golden brown; reserve one whole cashew for top garnish.

• 4.

• 4.

• Add the chopped onions, green chili, and diced carrots, sautéing for 2-3 minutes until the vegetables soften slightly.

• 5.

• 5.

• Pour in the water, add salt to taste, and bring the liquid to a rolling boil.

• 6.

• 6.

• Lower the flame and gradually add the roasted oats while stirring continuously to prevent lump formation.

• 7.

• 7.

• Cover with a lid and simmer for 2 to 3 minutes until the oats absorb the water and turn soft and fluffy.

• 8.

• 8.

• Turn off the heat, stir in fresh coriander leaves, mold onto a plate, and garnish with the reserved cashew before serving warm.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	15	8	5