

Recipe Name: Fruit Pachadi Recipe
Diet Type:
Course: Side Dish
Cuisine: South Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 2 cups fruit - cut into small pieces (pineapple	4
• 1 1/2 cups yogurt - whisk	
• 1/4 teaspoon turmeric powder	
• 2 teaspoons jaggery	
• salt - as per taste	
• water - as per use	
• 1/4 cup coconut - tighten Take	
• 2 green chillies - chopped	
• 1 teaspoon mustard	
• 1 teaspoon mustard	
• 2 dry red peppers - break	
• 1 teaspoon oil	
• 1 sprig curry leaves	

Preparation

- To make fruit pachhadi, firstly grind coconut, green chilli and mustard after adding some water in the mixer grinder.
- Keep it aside.
- Now heat a pan.
- Add chopped fruits and 2 tablespoons of water to it.
- Allow the fruits to cook until they become soft.
- Afte.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	1	30	2	4	20