DietCloud – Recipe

Recipe Name: RAGI PANCAKE
Diet Type: Vegetarian
Course: General Course
Cuisine: Indian
Quantity:



Description

Ragi pancake is a healthy, soft pancake made with ragi flour, usually mildly sweet, rich in calcium, and great for breakfast.
Ingredients:
½ cup ragi flour1 large overripe banana, mashed¼ cup grated coconut (optional)2 tbsp jaggery powder or to taste (optional, if banana isn't sweet enough)Pinch of cardamom powder (optional)Water or milk as needed for batter consistencyGhee or oil for cooking Instructions:
Prepare the batter: In a bowl, mash the ripe banana well with a fork.Mix ingredients: Add ragi flour, jaggery (if using), grated coconut, and cardamom powder to the mashed banana.Adjust consistency: Gradually add water or milk, mixing well to avoid lumps. The batter should be a dropping consistency, similar to regular pancake or dosa batter (neither too thick nor too runny).Cook the pancakes: Heat a tawa or non-stick pan and grease it with a little ghee or oil.Pour and spread: Pour a ladle of batter onto the hot pan, spreading it gently into a small circle. Do not spread too thin.Cook and flip: Cook on medium-low flame. You will see bubbles on the top surface. Once the base is cooked and the top looks dry, drizzle a little ghee around the edges and flip the pancake.Finish cooking: Cook the other side for another minute until done and brown.Serve: Repeat with the remaining batter and serve hot with honey, maple syrup, or chopped fruits.

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	4	40	8	4	15