

Recipe Name: Baked Oats and Whole Wheat Kachori Stuffed with Peas Recipe

Diet Type:

Course: Snack

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Whole Wheat Flour	4
• 1/2 cup Instant Oats (Oatmeal)	
• 1/4 cup Extra Virgin Olive Oil	
• 1 teaspoon Salt	
• 1 teaspoon Ajwain (Carom seeds)	
• Water - to knead	
• 1 cup Green peas (Matar)	
• 1 Green Chilli	
• 1 sprig Coriander (Dhania) Leaves	
• 1 teaspoon Amchur (Dry Mango Powder)	
• 1 teaspoon Chaat Masala Powder	
• 1 teaspoon Red Chilli powder	
• Salt - to taste	

Preparation

- We begin making the Oats and whole wheat Kachori stuffed with Peas Recipe make dough for the outer layer first, add whole wheat flour, oats and ajwain, salt, and oil in a mixing bowl and mix well with fingers and palm.
- Add water to make a smooth and firm d.

Macronutrients

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