

Recipe Name: Karnataka Style Ragi Ujju Rotti Recipe
Diet Type: Vegetarian
Course: South Indian Breakfast
Cuisine: Karnataka
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Ragi Flour (Finger Millet/ Nagli)	4
• 1 cup Water	
• Salt - to taste	
• 1 teaspoon Sunflower Oil	
• Ghee - roasting	
• Rice flour - for dusting	

Preparation

- To begin making the Ragi Ujju Rotti Recipe, in a medium sized vessel, bring the water to a boil in a pan with salt and oil.
- Lower the flame and pour ragi flour into the boiling water from a cup, pour it in the center of the boiling water.
- Let it get cooked.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	60	10	4	2