

Recipe Name: Beetroot Loni Sponge Dosa Recipe
Diet Type: Vegetarian
Course: North Indian Breakfast
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Idli Dosa Batter	4
• 2 cups Rice - parboiled	
• 1/4 cup Poha (Flattened rice) - (thick variety)	
• 3 cups Buttermilk - sour	
• 1 teaspoon Cooking soda	
• 1/4 cup Butter - Loni (white butter)	
• 1 Beetroot - peeled	
• 5 to 7 Curry leaves	
• 1/2 tablespoon Green Chilli Paste	
• Salt - as per taste	
• Sesame (Gingelly) Oil - as required	

Preparation

- To begin making the Beetroot Loni Sponge Dosa recipe, wash rice 2 to 3 times and then along with Poha soak it for overnight in sour buttermilk.
- Next Morning, grind the soaked Rice and Poha into a smooth consistency batter in a mixer grinder.
- Add salt givin.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	4	40	9	2	6