

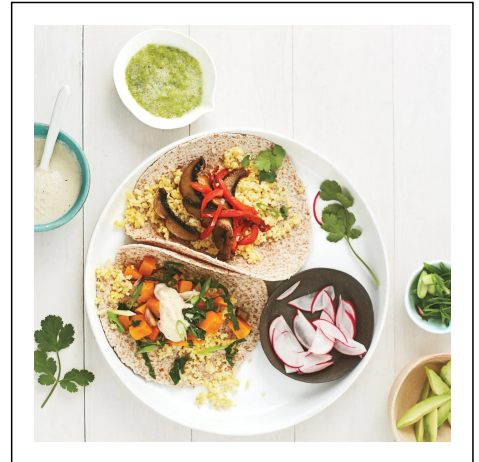
Recipe Name: Soft Millet Taco Recipe Topped With Hummus & Veggies

Diet Type:

Course: World Breakfast

Cuisine: Middle Eastern

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Jowar Flour (Sorghum)	4
• 1/2 cup Bajra Flour (Pearl Millet)	
• 3/4 cup Whole Wheat Flour	
• Salt - to taste	
• Sunflower Oil	
• 1/2 cup Homemade Hummus	
• 1 tablespoon Butter	
• 1 cup Broccoli - cut into small florets	
• 1 cup Cherry tomatoes - slit into half	
• 1 Onion - sliced	
• 4 cloves Garlic - finely chopped	
• 1 teaspoon Sugar	
• 1 teaspoon Black pepper powder	
• 1 teaspoon Cumin powder (Jeera)	
• Salt - to taste	

Preparation

- Sprinkle some salt as well.
- Add water little at a time and knead it to form a soft dough.
- Once the dough is done, cover it wit.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	20	8	5