

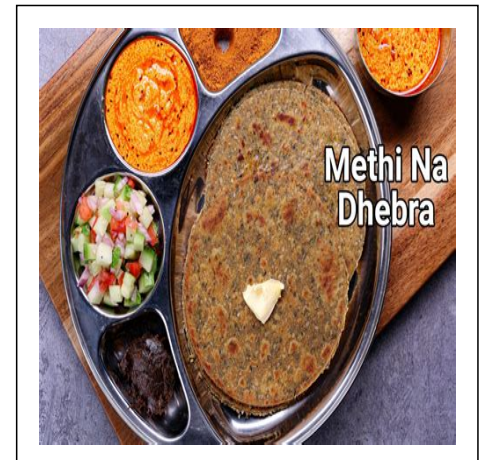
Recipe Name: Gujarati Methi Na Dhebra Recipe

Diet Type:

Course: Snack

Cuisine: Gujarati Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Bajra Flour (Pearl Millet)	2
• 1/2 cup Jowar Flour (Sorghum)	
• 1/2 cup Whole Wheat Flour - More for dusting	
• 2 cups Methi Leaves (Fenugreek Leaves) - finely chopped	
• 2 inch Ginger - ground to paste	
• 3 Green Chillies - finely chopped	
• 1 tablespoon Sesame seeds (Til seeds)	
• 2 teaspoons Red Chilli powder	
• 2 teaspoons Turmeric powder (Haldi)	
• 1/4 teaspoon Asafoetida (hing)	
• 5 tablespoons Curd (Dahi / Yogurt)	
• 1 teaspoon Sugar - (optional)	
• Salt - to taste	
• 1 tablespoon Sunflower Oil	

Preparation

- To prepare Gujarati Methi Na Dhebra Recipe, get all the ingredients ready.
- In a large bowl, mix fenugreek leaves, ginger paste, green chillies, sesame seeds, chili powder, turmeric powder, asafoetida.
- Mix it well with a teaspoon of oil.
- Keep aside for 5 min.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	10	45	12	4	2