

Recipe Name: Goan Poee Recipe
Diet Type:
Course: Lunch
Cuisine: Goan Recipes
Quantity: 1 piece



Ingredients

Ingredient	Quantity
• 1 cup all purpose flour (all purpose flour)	12
• 1 cup wheat flour	
• 1/4 cup wheat bran	
• 1-1 / 4 tsp active dry yeast	
• 1/4 tsp sugar	
• 1/2 tsp salt	
• 1 cup water - lukewarm	

Preparation

- To make Goan Poi recipe, first of all add maida, wheat flour, active dry yeast, sugar, salt in a bowl and mix it well.
- Now slowly add water and knead the dough.
- Apply some oil on top and keep it aside to double for 2 hours.
- Now knead the dough once again.

Macronutrients

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