

Recipe Name: Kerala Style Appam Recipe - Kerala Style Appam Recipe

Diet Type:

Course: Main Course

Cuisine: Kerala Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 cups rice - soaked for 3 hours	4
• 1 cup rice - cooked	
• 1 cup coconut - tighten	
• 1 tsp active dry yeast - + 1/2 cup lukewarm water	
• 2 tbsp sugar	
• salt - as per taste	

Preparation

- To make Kerala Style Appam recipe, first soak rice in water for 3 to 4 hours.
- Now add salt, sugar, active dry yeast in a bowl and mix.
- Keep it aside for 5 minutes.
- Now in a mixer grinder add soaked rice, cooked rice, coconut, a little water, salt and grin.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	6	70	10	2	5