

Recipe Name: Beetroot Millet Paniyaram Recipe

Diet Type:

Course: Snack

Cuisine: Chettinad

Quantity: 2 pieces



Ingredients

Ingredient	Quantity
• 100 grams Beetroot - peeled and chopped	15
• 1/2 cup Foxtail Millet	
• 1/4 cup Instant Oats (Oatmeal)	
• 2 tablespoon Rice flour	
• 1 teaspoon Baking powder	
• 1/4 cup Jaggery - powdered	
• 1 teaspoon Cardamom Powder (Elaichi)	
• Ghee - bfor frying	

Preparation

- To begin making the Beetroot Millet Paniyaram Recipe, soak foxtail millet in warm water for 2-3 hours.
- Once soaked well drain water completely and blend the millet in a mixer grinder to smooth batter without adding water.
- Add chopped beetroot to this and b.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	2	2	2