

Recipe Name: Whole Wheat Flour Murukku Recipe
Diet Type:
Course: Snack
Cuisine: South Indian Recipes
Quantity: 2 pieces



Ingredients

Ingredient	Quantity
• 2 cups Whole Wheat Flour	4
• 1 teaspoon Salt	
• 1 tablespoon Butter (unsalted) - melted	
• 2 teaspoon Sesame seeds (Til seeds)	
• 1 teaspoon Ajwain (Carom seeds)	
• 1 teaspoon Red Chilli powder	
• Water - as required	
• Sunflower Oil - for deep frying	

Preparation

- Now bring the other 2 opposite ends and tie them too.
- The flour should be completely covered by the c.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	2	1	0