

Recipe Name: KAMBU IDLY
Diet Type: Vegetarian
Course: Indian Breakfast
Cuisine: Indian
Quantity:



Description

Ingredients

1 cup – 240ml Pearl millet / Kambu / Bajra – 2 cups White, round urad dal – 1/2 cup Poha / Aval / rice flakes – 1/4 cup (I used thick poha) Methi seeds / Fenugreek seeds – 1/2 tsp (Optional) Salt & Water – As needed

Preparation
 Wash and soak pearl millet, methi seeds and poha together for 5 hours. Wash and soak urad dal separately in another bowl for 2 hours. Grind urad dal to a smooth paste adding the soaked water. Collect in a bowl and then grind millet + Poha mixture to a smooth paste adding enough water. Mix both the batter with hands and let it ferment overnight. The next day, mix the batter well and make idli. Enjoy with tomato chutney or coconut chutney !
 Energy 369kcal Protein 11.4g Carbohydrates 62.2g Fiber 8.9g Fat 3g Calcium 42mg Folate 82g

Ingredients

Ingredient	Quantity

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
369	11.4	62.2	3	8.9	