

Recipe Name: Whole Wheat Flour Chakli Recipe
Diet Type:
Course: Snack
Cuisine: South Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Whole Wheat Flour	4
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 2 teaspoon Butter	
• Sunflower Oil - for deep frying	
• 1/2 teaspoon Asafoetida (hing)	
• Salt - to taste	

Preparation

- To begin with Whole Wheat Flour Chakli, put the wheat flour in a muslin cloth, tie it and steam it in an idli pan.
- After about 8-10 mins switch off the pan, open the cloth and transfer to a plate.
- Big cake pieces of flour will be formed, so you can break it all with your hand.
- Sieve the cooked flour and add red chili powder, jeera, hing powder, butter, salt and mix everything well.
- Once it is mixed properly, add water and make a non-sticky dough.
- Heat a kadai with oil on medium flame.
- Fry them in hot oil in a deep fry pan until it changes its colour.
- Repeat the same process for the remaining chaklis.
- Cool and store it in an air-tight container.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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