

Recipe Name: Masala Roti (Recipe in Hindi)
Diet Type:
Course: Lunch
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup wheat flour	4
• 1 cup corn flour	
• 1/2 cup oatmeal	
• 1/2 cup millet flour	
• 1/2 cup ragi flour	
• 1/2 teaspoon red chilli powder	
• 1/2 teaspoon coriander powder	
• 1/4 teaspoon turmeric powder	
• 1 teaspoon flaxseed powder - (flax seed)	
• 1 teaspoon celery - crushed between the palm	
• 2 teaspoons Kasuri methi	
• water - navaia	
• ghee - or oil to cook	
• salt to taste	

Preparation

- To make masala roti, first take all the ingredients (except ghee or oil) in a big pot, add water slowly and knead it well.
- Splash 1 teaspoon of oil on the dough and knead again for some time.
- Divide the dough into 10 portions.
- Preheat the pan.
- Roll each portion and dust it with dry flour.
- The thickness of the bread depends on you how thin you roll the bread.
- After rolling, put the masala roti on the pan and let it cook on medium heat for a while.
- When the bread starts filling the air, reverse the roti.
- Apply ghee or oil to the roti and cook from both sides until the roti turns brown and crisp from both the



sides.

- Now remove the cooked roti from the pan, and cook the rest of the flour in the same way.
- Serve Masala Roti with cumin potatoes for breakfast, or serve it with spinach raita and salad at dinner.

Macronutrients

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