

Recipe Name: Ragi Sankati Recipe - Andhra Style Ragi Mudda

Diet Type: Vegetarian

Course: Lunch

Cuisine: Andhra

Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 cups Cooked rice	4
• 5 tablespoons Ragi Flour (Finger Millet/ Nagli)	
• Water - as needed	
• Salt - to taste	
• Ghee - as required	

Preparation

- To begin making the Ragi Sankati recipe, add the cooked rice, ragi flour with water to a pressure cooker and cook on high flame till the cooker releases 2 whistles.
- Allow the cooker to leave pressure on itself.
- Once done, take it out.
- With a traditional lentil masher or a hand blender, blend it coarsely.
- Check for seasoning and make balls of it by applying ghee to your hands and it is read to be served.

Macronutrients

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