

Recipe Name: Nei Appam / Unniyappam Recipe - Coconut Banana Fritters

Diet Type:

Course: Snack

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Rice	4
• 3/4 cup Jaggery - powdered	
• 1 cup Ripe Bananas - mashed	
• 1/2 cup Fresh coconut - grated	
• 2 teaspoons Cardamom Powder (Elaichi)	
• 1/4 teaspoon Enos fruit salt - optional	
• Ghee - for cooking	
• Salt - a pinch	

Preparation

- Strain the water completely.
- Stir in the jaggery syrup, mashed bananas, coconut, salt, eno and cardamom powder to the rice batter.
- Now, heat a paniyaram pan (a pan with cup shaped depressions).
- Add a teaspoon of oil or ghee to each depression.
- Allow it to cook for a few minutes until you notice that the top is getting steamed.
- Turn over after a few minutes to cook on the other side.



Macronutrients

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