

Recipe Name: THINAI IDLY
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

INGREDIENTS 1 cup = 250ml

Foxtail millet/Thinai – 2.5 cupsIdli rice/Salem rice – 1/2 cupUrad dal – 1/2 cupAval/Poha – 1/4 cupFenugreek seeds – 1/2 tspSalt & water – as needed

HOW TO MAKE THINAI IDLI – METHOD

Measure & take all the ingredients together and wash it carefully . Its better if you wash it using a strainer. Soak for 3-4 hours.Grind them to a smooth paste adding required water and salt. Remove mix well and allow it to ferment overnight or minimum 8 hours.The next day, batter would have raised well (Not doubled). Now mix the batter very well and pour in a idli plate.

Ingredients

Ingredient	Quantity
• THINAI IDLY	

Preparation

- THINAI IDLY.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	60	2	4	2