

Recipe Name: Dahi Sabudana Recipe (Savory Tapioca Pearls Seasoned with Yogurt)

Diet Type:

Course: North Indian Breakfast

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Sabudana (Tapioca Pearls)	2
• 2-3 tablespoons Groundnut powder - roasted	
• 1 cup Curd (Dahi / Yogurt) - fresh	
• 1 tablespoon Ghee	
• 2 teaspoon Cumin seeds (Jeera)	
• 2-3 Green Chillies - chopped	
• 1 teaspoon Sugar	
• Salt - to taste	

Preparation

- To begin making Dahi Sabudana, first dry roast the sabudana in a heavy bottom pan for 8-10 minutes or till it just starts to pop (You can see that each grain will increase in size).
- Cool and add it with the curd-water mixture in a mixing bowl.
- Cover and keep aside for about 2 hours until the sabudana grains soften.
- Add groundnut powder, sugar, salt and mix.
- In a small wok/pan, heat ghee; add the cumin seeds and green chillies and allow them to crackle.
- Turn off the heat and pour this tadka over the Dahi Sabudana.
- Serve Dahi Sabudana for breakfast option on regular day or on fasting days.
- You can also serve Dahi Sabudana on its own or along with a sweet lime pickle.

Macronutrients

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