DietCloud – Recipe

Recipe Name: Foxtail Millet Paruppu Adai With Keerai Recipe - Foxtail Millet and Lentil Crepes with Spinach

Diet Type: Vegetarian

Course: South Indian Breakfast

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Foxtail Millet	4
• 1/2 cup Arhar dal (Split Toor Dal)	
• 1/2 cup Yellow Moong Dal (Split)	
• 1/2 cup Chana dal (Bengal Gram Dal)	
• 2 Dry Red Chillies	
• 1 cup Spinach - roughly chopped	
• 2 Green Chillies	
• 1 teaspoon Fennel seeds (Saunf)	
• Sunflower Oil - to make adai	
• Salt - to taste	

Preparation

• To begin making Foxtail Millet Paruppu Adai With Keerai Recipe, wash and soak the foxtail millets for 4 hours.

• Likewise, wash and soak all the dals separately for 4 hours along with the red chilies.

• Once the foxtail millets and dals are soaked well, drain the water out and first grind the foxtail millets using a mixer grinder to a little course paste adding little water at a time.

• Keep it in a bowl.

• Add in the soaked dals, red chilies and fennel seeds to the mixer jar and grind it to a smooth paste adding little water and remove it in the same bowl of foxtail millets.

• Mix the ground mixture thoroughly, season with salt and whisky well.

• The base batter for the adai is ready.

• To this add the roughly chopped spinach leaves, green chilies and mix well.

• Heat a skillet on medium heat, brush it with a little oil.

• Once it is hot enough pour a ladle full of the adai batter and in a circular motion make crepes, pour a teaspoon of oil on its sides and let the bottom cook for a minute.

• Once the bottom is cooked well and turns crispy, flip the adai and let the other side also cook well for another minute or two.
• Remove it in a plate and proceed to make the rest of the adai's with the leftover batter.
• Serve the Foxtail Millet Paruppu Adai With Keerai Recipe for a healthy breakfast along with Karuveppilai Chutney Podi and Tomato Onion Chutney.

Macronutrients

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