



Sprouts And Spring Onion Tikki Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- 100 gms Sprouted Whole Moong
- 1/2 1/2 Cups Spring Onion (Chopped)
- Cloves Garlic (Chopped)
- Green Chillies (Chopped)
- 1/2 1/2 Cup Oats (Powdered)
- 1/2 1/2 Teaspoons Oil

Instruction

1. Boil the sprouts for 5-7 minutes and coarsely crush them.
2. Once cool add chopped spring onions, garlic, green chillies, oats, MAGGI Masala-ae-Magic and mix well.
3. Divide the mixture into 12 portions and shape them into round tikkis.
4. Heat a flat pan and grease it with oil. Pan grill the tikkis on medium flame till golden brown on both sides.
5. Serve hot with green chutney.

Nutrition

Carbohydrates	8 g
Energy	51.34 kcal
Fats	1.97 g
Protein	2.81 g

17 Minutes

5