



Moong Dal Khichdi Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic
- 3/4 3/4 Cup Brown Rice
- 3/4 3/4 Cup Moong dal (Soaked for 2-3 hr)
- gms Soya Granules
- 1/2 1/2 Teaspoons Ghee
- Bay Leaf
- Teaspoon Cumin Seeds
- gms Roasted Peanuts
- 1/2 1/2 Teaspoon Turmeric Powder
- Cups Hot Water
- Pinch Salt

Instruction

1. Prepare ingredients as mentioned in the list. Wash the rice, soya granules and moong dal and keep aside.
2. Heat ghee in a cooker, add bay leaf and cumin seeds. When it starts to splutter, add peanuts and turmeric and sauté for a minute.
3. Add the washed rice, moong dal, soya granules, MAGGI Masala-ae-Magic, and water. Adjust salt to taste and pressure cook for 5 minutes after the first whistle. Serve hot.

Nutrition

Carbohydrates	50.1 g
Energy	361.4 kcal
Fats	9.51 g
Protein	20.58 g

30 Minutes

4 Servings