



## Methi Thepla Recipe (Diabetic Friendly)

### Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- 1/2 1/2 Cups Nestlé A+ Curd
- 1/2 1/2 Cups Whole Wheat Flour
- 3/4 3/4 Cup Besan (Gram Flour)
- Teaspoon Ginger-Garlic Paste
- 1/4 1/4 Teaspoon Hing (Asafoetida)
- 1/4 1/4 Teaspoon Turmeric Powder
- Teaspoon Red Chilli Powder
- Teaspoon Ajwain
- Teaspoon Coriander Powder
- gms Kasuri Methi
- Teaspoons Sesame Seeds (White)
- 1/2 1/2 Pinch Salt (To Taste)
- 1/2 1/2 Cup Water
- Teaspoons Oil

### Instruction

1. Place wheat flour and besan in a bowl, add all the other ingredients except oil and knead a medium thick dough using NESTLE a+ Dahi. Add little water in case required.
2. Divide the dough into 8 balls. Roll each ball into thin rotis.
3. Heat a tava and roast each thepla one by one turning over in between and smearing little oil on each side. When both sides are cooked, remove and keep them warm. Repeat with rest of the theplas.
4. Serve hot with curry or dahi.

### Nutrition

Carbohydrates	48.59 g
Energy	338.04 kcal
Fats	11.11 g
Protein	13.98 g

30 Minutes

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