



Five Dal Dosa Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic
- 1/2 1/2 Cup Moong dal (Dhuli) (150 g)
- 1/4 1/4 Cup Chana Dal
- 1/2 1/2 Cup Urad Dal
- 1/4 1/4 Cup Masoor Dal
- Cup Warm Water
- Curry Leaves
- Green Chillies (Chopped)
- 1/4 1/4 Teaspoon Salt (To Taste)
- Tablespoons Oil

Instruction

1. Wash and soak all five dals overnight. Drain the water and grind the mixture. Add $\frac{3}{4}$ cup of water and blend till you get a grainy batter. Take it out in a large bowl and add more water if required to adjust the consistency.
2. Add chopped curry leaves, green chillies, salt to taste and mix well.
3. Heat a non-stick dosa tava and take a ladle full of the dosa batter. Pour the batter and gently spread the batter starting from the center and moving outwards. Spread a little oil from the sides. Cover and cook the dosa on medium flame till golden brown. Flip and cook on the other side as well.
4. Serve hot with chutney / sambhar.

Nutrition

Carbohydrates	24.58 g
Energy	205.01 kcal
Fats	8.44 g
Protein	9.08 g

33 Minutes

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