



Masala Oats Idli Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- 3/4 3/4 Cup Nestlé A+ Curd
- 1/4 1/4 Cups Oats (Powdered)
- Cup Sooji (Rava)
- 1/2 1/2 Cup Carrot (Grated)
- 1/2 1/2 Cup Beans (Cut into 2" thin slices)
- Teaspoon Ginger (Finely Chopped)
- gms Coriander Leaves (Chopped)
- Tablespoons Flaxseed (Roasted and coarsely powdered)
- Cup Water
- 1/4 1/4 Teaspoon Baking Soda
- Tablespoon Ghee
- 1/2 1/2 Teaspoon Mustard Seeds
- 1/2 1/2 Teaspoon Cumin Seeds
- Tablespoon Chana Dal (150 g)
- Tablespoon Urad Dal
- Curry Leaves
- Cashewnuts (halved)

Instruction

1. Grind oats in mixie to form coarse powder. Mix together ground oats, sooji, carrot, beans, ginger, flax seeds, coriander leaves and NESTLE a+ dahi . Cover and keep it aside for 20 min.
2. After 20 min, add water, fruit salt, MAGGI Masala-ae-Magic and mix well.
3. Heat ghee in a small kadai, add mustard seeds, cumin seeds, allow them to splutter and add chana dal, urad dal and fry till golden brown. Now add curry leaves and cashew nuts. Add this tempering to the prepared idli batter and mix well.
4. Pour a spoon full of batter into the greased idli moulds and steam for 10-12 min or till done. Allow to cool slightly and demould them.
5. Serve with Sambhar / Coconut chutney

Nutrition

Carbohydrates	31.62 g
Energy	240 kcal
Fats	8.49 g
Protein	8.65 g

27 Minutes

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