



WELLNESS ROOTS

By Kavita Sabhnani



Dahi Bhalla

Ingredients

● Rava/suji (soaked in curd same quantity)	1/2 Cup
● Besan	2 tbsp
● Oil	2 tbsp
● Grated Ginger	1 Inch
● Green Chilli	2
● Salt	1.25 tsp or as per taste
● Asafoetida	Less than 1/2 pinch
● Whisked Curd	
● Black Salt	
● Roasted Cumin Powder	
● Red Chilli Powder	

Preparation

1. Mix added ingredient & make a soft dough.
2. Mix for 10-15 min, till the dough gets soft & thick.
3. Pour the dough one by one in appam pan.
4. Cover the pan with lid for 3 min, then turn to other side for 3 min.
5. Soak the balls in water for 5 min, remove excess water & put in whisked curd.
6. Garnish with chutney, cumin powder, black salt & red chili powder.

