



WELLNESS ROOTS

By Kavita Sabhnani



Healthy Handvo

Ingredients

● Oats	1 cup
● Suji/Rava	1/2 cup
● Curd	1 cup
● Finely chopped Onion	1
● Fenugreek Leaves or Kasuri Methi	1/2 cup or 1/4 cup
● Pickle Masala	1 tbsp
● Sesame Seeds	1 tsp
● Red Chilli powder	1/2 tsp
● Finely chopped Green Chillies	2
● Garlic paste	1 tsp
● Turmeric powder	1/2 tsp
● Salt	As per taste
● Baking soda	1/2 tsp
● Oil	

Preparation

1. Grind oats coarsely in a grinder. Mix all ingredients in a bowl except baking soda. Keep batter aside for 15 minutes.
2. Add baking soda in a batter. Mix well.
3. Heat nonstick frying pan. Drizzle some oil. Pour 4-5 ladle full of batter in a pan. Layer should be thick. Simmer the flame. Cover the lid.
4. Once bottom side turns to golden flip it and cook another side. It will take 10 minutes to turn in golden on simmer flame.
5. Once done remove from gas. Let it cool. Cut in pieces. Serve with chutney.

