



WELLNESS ROOTS

By Kavita Sabhnani



## Nachni Dosa

### Ingredients

● Ragi flour / finger millet / kezhvaragu / nachani / mandua	1 cup
● Rava / semolina / suji	1 cup
● Oats powder	1/4 cup
● Rice flour	1/2 cup
● Curd / yogurt	1/2 cup
● Finely chopped ginger	1 inch
● Finely chopped green chilli	1
● Few chopped curry leaves,	
● Finely chopped coriander	2 tbsp
● Finely chopped onion	1
● Cumin / jeera	1 tsp
● Pepper, crushed	1/2 tsp
● Salt	1 tsp
● Water	3 1/2 cup
● Oil for roasting	

### Preparation

1. Firstly, in a large mixing bowl take 1 cup ragi flour, 1 cup rava, 1/2 cup rice flour, 1/4 cup oats powder, also add 1/2 cup curd, 1 inch ginger, 1 green chilli, few curry leaves, 2 tbsp coriander, 1 onion, 1 tsp cumin, 1/2 tsp pepper and 1 tsp salt.
2. Add 1-2 cup water and mix well to form a lump free batter.
3. Leave the batter for 15-20 minutes.
4. Add 1 1/2 cups of water or as required and prepare a flowing consistency batter.
5. Now carefully pour the dosa batter over hot tawa.
6. Sprinkle 1/2 or 1 tsp of oil from the top.
7. Once the dosa roasts to golden brown, flip over and cook again. In last, fold the dosa and serve instant ragi dosa immediately with mint chutney/sambar.

