

Green Moong Roti

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Green Gram Rotis are a nutritious choice, offering a high protein and fiber content, low-fat profile, beneficial for heart and digestive health, with a low glycemic index, rich in essential vitamins and minerals, and are easy to digest.

INGREDIENTS:

- Whole green gram (moong dal): 1 cup, soaked overnight
- Whole wheat flour: 2 cups
- Fresh coriander leaves: $\frac{1}{4}$ cup, finely chopped
- Green chilies: 2, finely chopped (optional)
- Ginger: 1 inch piece, grated
- Turmeric powder: $\frac{1}{2}$ teaspoon
- Salt: to taste



PREPARATION:

- Prepare the Green Gram: Drain the soaked green gram and grind it in a food processor to make a coarse paste. You can add a little water if necessary.
- Mix the Ingredients: In a large bowl, combine the whole wheat flour, ground green gram, chopped coriander leaves, green chilies, grated ginger, turmeric powder, and salt.
- Knead the Dough: Gradually add water and knead to form a soft dough. The dough should be pliable and non-sticky.
- Rest the Dough: Cover the dough and let it rest for about 30 minutes..
- Roll and cook the rotis as usual.
- Serve hot.