

Breakfast



RECIPE

Ragi Uttapam

Ingredients

- 1/4th cup, ragi flour
- 1 tbsp, yogurt
- 1 tsp, finely chopped green capsicum
- 1 tsp, finely chopped carrot
- 1/4th tsp, Cumin seeds
- Salt to taste
- 1 ½ tbsp, semolina (suji)
- 1 tsp, finely chopped onion
- 1 tsp, finely chopped tomatoes
- 2-3 curry leaves
- 1/4th tsp, Mustard seeds
- Oil as required

Step by step

Cooking Instructions

1. Combine semolina and yogurt in a bowl and mix. Add ragi flour, onion, capsicum, tomatoes, carrot, cumin seeds and mustard seeds and mix well.
2. Add some water, mix well and set aside for 5 minutes.
3. Heat a non-stick tawa.
4. Add curry leaves and salt to prepared flour mixture and mix well.
5. Put some oil on hot tawa and wipe with a tissue.
6. Pour a ladleful of prepared flour mixture, spread into a shape of uthapam and roast till the underside turn slight golden.
7. Make incisions on cooked uthapam and roast from the other side till golden and crisp.

8. Cut into 4 equal pieces and serve hot with chutney or sambhar

Nutritional values

2-3 Year olds

Energy	9.91 kcal
Protein	13.59% (RDA)*
Calcium	9.87% (RDA)*
Iron	10.08% (RDA)*

4-5 Year olds

Energy	7.78 kcal
Protein	11.29% (RDA)*
Calcium	9.87% (RDA)*
Iron	6.98% (RDA)*

***Recommended dietary allowance**

TIPS

- You can add grated cheese on top or cottage cheese if your child is fond of them.
- Instead of usual sambhar, try and serve it with various homemade chutneys like green chutney or tomato chutney.
- Instead of cutting as triangles, try and cut them as strips that can be served easily and he/she can eat it as finger food.