

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**

Combine semolina and yogurt in a bowl and mix. Add ragi flour, onion, capsicum, tomatoes, carrot, cumin seeds and mustard seeds and mix well.

Add some water, mix well and set aside for 5 minutes.

Heat a non-stick tawa.

Add curry leaves and salt to prepared flour mixture and mix well.

Put some oil on hot tawa and wipe with a tissue.

Pour a ladleful of prepared flour mixture, spread into a shape of uthapam and roast till the underside turn slight golden.

Make incisions on cooked uthapam and roast from the other side till golden and crisp.

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

# Nutritional values

## 2-3 Year olds

<b>Energy</b>	<b>9.91 kcal</b>
<b>Protein</b>	<b>13.59% (RDA)*</b>
<b>Calcium</b>	<b>9.87% (RDA)*</b>
<b>Iron</b>	<b>10.08% (RDA)*</b>

## 4-5 Year olds

<b>Energy</b>	<b>7.78 kcal</b>
<b>Protein</b>	<b>11.29% (RDA)*</b>
<b>Calcium</b>	<b>9.87% (RDA)*</b>
<b>Iron</b>	<b>6.98% (RDA)*</b>

**\*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.