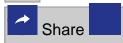


Breakfast Recipe











You need to login or register to add to your favorites.

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

- Preparation
- 0 mins

Time total

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
- Protein13.59% (RDA)*
- Calcium 9.87% (RDA)*
- Iron10.08% (RDA)*
- 4-5 Year olds
- Energy7.78 kcal
- Protein11.29% (RDA)*
- Calcium9.87% (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.