



Soya Atta Chapatti With Oil

11 Oct 2018 10 Min

Details

Soy flour is high in protein and a decent source of both carbs and fat. Soy protein is vegetarian, dairy free & gluten free source of protein.

Ingredients



3.0 Flour Tbsp(21.0 gm) Soyabean



1.0 Tbsp(9.0 gm) Wheat Flour (Whole)



1/4 Tsp(1.0 gm) Salt



1/2 Tsp(2.0 ml) Oil



12.0 Ml(12.0 ml) Water

Method (Step-By-Step)

- Mix 2 tbsp soybean flour with 1 tbsp wheat flour in a mixing bowl.
- Season with 1/8th tsp salt and add water.
- Knead it into a soft dough.
- Roll out the dough using a rolling pin.
- Roast on both sides with 1/2 tsp oil.
- Serve hot.