



Vegetable Green Moong Oats Cheela

3

20 Min

Description

A very wholesome and nutritious recipe made with fiber rich oats and veggies along with protein packed green gram dal. A crisp, yummy and fulfilling snack that is super easy to make at home.

Ingredients

- 0.9 Tbsp(13.0 gm) Whole Moong
- 1 Chopped Tbsp(10.0 gm) Capsicum
- 20 MI(20.0 ml) Water
- 1/4 Tsp(1.0 gm) Salt
- 1/4 Chopped Tsp(0.23 gm) Coriander Leaves
- 1.5 Tbsp(12.0 gm) Oats
- 31.5 MI(32.0 ml) Water
- 1 Chopped Tbsp(8.0 gm) Onion
- 1/2 Tsp(2.0 ml) Oil
- 1/4 Tsp(0.59 gm) Jeera
- 1/2 Chopped Tsp(1.0 gm) Green Chilli
- 1 Grated Tbsp(9.0 gm) Carrot

Method of Preparation (Step by Step)

- In a mixing bowl, add 1.5 tbsp oats and boiled moong.
- Add 1 tbsp chopped onion, 1 tbsp chopped green capsicum ,1 tbsp grated carrot,1/4th tsp jeera and 1/2 tsp of chopped green chilli.
- Add 1/4th tsp salt and 1/4th tsp chopped coriander leaves.
- Add sufficient water & whisk all the ingredients together.
- Heat a tawa and add 1/2 tsp oil.
- Pour the batter evenly.
- Roast on a medium flame and then, flip and repeat.
- Serve with chutney or tomato sauce.

Nutrition Information per serve

Energy	50 kcal
Carbohydrate	6.95 gm
Protein	0.94 gm
Total Fat	0.93 gm
Total Fiber	1.63 gm