

Whole Wheat Patoli

28 Sep 2020 15 Min

Details

Whole Wheat Patoli is a traditionally made in Maharashtra and is packed with Protein, Fiber.

Ingredients



1 Small(32.0 gm) Banana



250 MI(100.0 ml) Water



1/3 Chopped Cup(48.0 gm) Jaggery



1/4 Grated Cup(10.0 gm) Fresh Coconut



1/8 Cup(36.0 gm) Suji



1/4 Cup(49.0 gm) Wheat Flour (Whole)

Method (Step-By-Step)

- In a bowl add 1/3 cup whole wheat flour, 3.5 tbsp suji, 1/8 cup grated fresh coconut, 1/4 cup chopped jaggery, 1/8 cup mashed banana, water as required and mix it till thin batter.
- Take a silver foil and spread the batter on a foil paper then seal it. Then steam it in a steamer.
- Serve.