

Recipe

LOW FAT HEALTHY DOSA (RAGI DOSA)

By

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Ingredients

Ragi (Nachni) flour - 30gm
Paneer - 5gm
Tomatoes - 5gm
Chopped Coriander leaves – Few
Salt – To Taste

Preparation

1. Mix the ragi flour with water to make a batter (Pancake consistency)
2. Add salt as per taste.
3. Heat a non – stick pan and make a plain dosa of the batter.
4. Allow it to cook from both the sides.

5. Garnish with grated paneer finely chopped tomatoes and coriander leaves.

Nutritional facts

NAME	Serving	Energy (kcal)	CHOs (gm)	Protein (gm)	Fat (gm)
RAGI DOSA	1	112	21	3	1.5

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