

## Recipe

### SPINACH BAJRA (PEARL MILLET) BHAKRI

## By

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## Ingredients

Bajra (Pearl millet) flour – 30 gm  
Spinach leaves – 50 gm  
Coriander leaves – few  
Red chilli powder - ½ Tsp  
Cumin seed powder (Jeera powder) – 1 Tsp  
Whole coriander seed powder (Dhania powder)– 1 Tsp  
Salt – To Taste

## Preparation

1. Knead the Bajra flour by adding all the above ingredients to it.
2. Roll it into a Bhakri and roast it.
3. Serve hot with curds.

Now offer it to Krishna!

## Nutritional facts

NAME	Serving	Energy (kcal)	CHOs (gm)	Protein (gm)	Fat (gm)
SPINACH BAJRA BHAKRI	1	112	26	2.5	0.5

## For further details please contact

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Hare Krishna Hare Krishna Krishna Krishna Hare Hare  
Hare Rama Hare Rama Rama Rama Hare Hare