

Dr Deepak Dalal's Diabetes Care

Masala Roti

Ingredients	Amount
Wheat flour	1 Part
Processed Soya flour/ Besan/ Moong Dal Flour	1 Part
Sprouts(Moong, Chana, Matki, Chole, Rajmahetc half crushed)	1 Part
Grated Vegetables (Onion, French beans, capcium, dudhi, cabbage, spinach, carrots, methi, radish leaves, coriander, mint etc)	1 Part
Salt	As per taste
Roasted Jeera seeds	As per taste
Roasted til seeds	As per taste
Green chillies	As per taste

Method-

- *Mix all the ingredients. Add low fat curd and Knead dough.*
- *Roll small chapattis and dry roast them.*