Masala Wheat Dosa



Masala wheat dosa is a simple and delicious dosa recipe. It is made with whole wheat and spices. This dosa is a powerhouse of fiber. I got this recipe from my friend. Instead of eating regular wheat dosa, try this recipe for a change, you will like it [[f9.silly[[f9.tongue1]] It goes well with coconut chutney or peanut chutney for breakfast or dinner.

Ingredients

1 and 1/2 Cup of Wheat Flour
1/2 Tsp of Turmeric Powder
1 Tsp of Coriander Powder
3/4 Tsp of Red Chilly Powder
1 Tsp of Garam Masala
1 Tsp of Cumin Seeds
2 Chopped Green Chillies

1 Chopped Green Onion
1 Tbsp of Chopped Cilantro
Salt to taste
Water as needed

Method



- Take whole wheat flour in a wide bowl, to that add turmeric powder, coriander powder, red chilly powder, cumin, garam masala, green onion, green chillies, cilantro salt and water. Mix it like a dosa batter.
- Heat a dosa pan or griddle, pour a ladleful of batter, spread it like dosa. Apply oil over dosa or in sides. cook both sides until it turns crisp.
- Wheat Dosa is ready to serve.



Tips

- **Serve dosa with coconut or peanut chutney or onion raita.**
- **You can also add onion and more chilly powder, if you want too spicy dosa.**
- **You can add finely grated carrots or any vegetables of your choice.**

Health Benefits of Whole Wheat

- **Wheat bread are rich in dietary fiber.**
- **Controls blood sugar level.**
- **Provides longing lasting fullness to the stomach.**
- **Lowers the blood cholesterol.**


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