

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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