

# Multigrain Chapathi – Chapathi Recipes



*Multigrain means it includes several types of grains. In this recipe, I used multigrain cereal which has oats, barley, wheat and rye. This is a healthy alternative to regular wheat chapathi, having once or twice a week in diet is good for health. This can be served with any raita or dal.*

## **Ingredients**

- 1 Cup of Whole Wheat Flour**
- 1/2 Cup of Multigrain Cereal, roasted and powdered**
- 1 Tbsp of Oil**

**1 Cup of Warm Water**

**Salt as needed**

## **Method**

- **In a pan, dry roast the cereal until it turn color and aromatic. Cool it for 5-10mins and then grind it to a fine powder.**
- **In a wide bowl, add wheat flour, multigrain cereal powder, salt, oil and warm water. Mix well. Knead the dough with your hand. Keep it aside for 15-30 mins.**
- **Heat a tawa or chapathi pan. Meanwhile make a equally sized balls out of the dough and roll it into a circular thin chapathi.**
- **Carefully place the chapathi on the heated pan. You will see tiny bubbles rises on the surface of roti.**
- **Now it's time to flip the chapathi with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread all over the chapathi.**
- **Flip again in 30 secs and apply some oil. Press chapathi gently with a spatula and cook till brown spots appear on both the sides of the roti.**
- **Chapathi is done when both sides are brown and crispy. Remove it from pan and place it in serving dish.**
- **Repeat the same process with each ball of dough.**
- **Hot multigrain chapathi is ready to serve.**

## **Tips**

- **Serve with any dal or onion raita.**
- **Adding warm water to flour makes chapathi soft.**
- **You can add butter instead of oil.**
- **You can also add vegetables of your choice, to make veggie multigrain chapathi.**

## **Health Benefits of Multigrain Chapathi**

- Multigrain foods will be high in complex carbohydrates and protein. Complex carbs are great for energy production, and this can help with exercise and losing weight.
- The levels of protein will aid the body in tissue repair and production of antibodies that will help fight sickness or infection.
- In addition, they will contain nutrients, fiber and essential minerals like magnesium, copper and iron. Multigrains that contain whole grains will be filled with essential fatty acids, B-vitamins, starch and fiber. Magnesium will help build strong bones and teeth. It will also help with metabolism. Fiber is great in helping the body stay regular and maintaining a healthy colon.

## **Adding Multigrains to a Diet**

- Multigrains can be added to any meal throughout the day.
- At breakfast you could start with a multigrain oatmeal with some blueberries mixed in or any fruits.
- At lunch you could have a peanut butter and strawberry jam on two slices of multigrain bread and then
- At dinner you could have a healthy portion of multigrain rice or chapathi with dal.

A photograph of four triangular multigrain chapathis (flatbreads) stacked on a white plate with a blue rim. The breads are golden-brown with some darker spots, indicating they are cooked. The plate is set on a white tablecloth with a pattern of orange and yellow leaves. The text "Multigrain Chapathi" is overlaid in the center of the image.

**Multigrain Chapathi**