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.


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