Coconut Paratha / Coconut Flat Bread



Coconut Paratha is absolutely delicious…It features whole wheat flour, coconut and a variety of aromatic spices. This paratha is a treat to your eyes and to your taste buds..because of coconut flavor in it. When I left the dough to sit for 1 hr, you don't believe , whole kitchen smells so aromatic…My husband really loved it. It is raining everyday in my place, so I thought to eat something hot and filling. When I did some google search, I came up with this idea..I got this recipe from here. we had with aloo gobi and onion raita..Try this flavorful paratha recipe and enjoy…



Ingredients

1 Cup of Whole Wheat Flour, I used Aashirvaad Multigrain flour
2 Tbsp of Dry Coconut Flakes
1 Tsp of Cumin Powder
1/2 Tsp of Red Chilly Flakes
1/4 Tsp of Turmeric Powder
1/2 Tsp of Salt
1 Tbsp + 1 Tsp of Vegetable / Canola Oil
1/2 Cup of Warm Milk
Ghee / Butter / Oil for brushing

Serving : 5 Paratha

Method

- **In a big wide bowl, mix all the ingredients except milk.**
- **Make a well in the center. In the meantime, boil the milk in microwave for 1 min.**
- **Now slowly add warm milk in the centre of the bowl. Mix**

thoroughly with a fork or by hand to get a smooth dough. I took 1/2 cup of warm milk to knead the dough.

- Now the dough is ready. Cover and let the dough rest for 1 hour.
- Again knead the dough and divide into equal portions and make it into round balls.
- Heat tawa or pan. In the meantime lightly grease the rolling surface with flour. Take one ball and make it circular with a rolling pin.
- Carefully place the paratha on the heated pan. You will see tiny bubbles rises on the surface of paratha.
- Now it’s time to flip the paratha with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread all over the paratha.
- Flip again in 30 secs and apply butter or ghee or oil. Press paratha gently with a spatula and cook till brown spots appear on both the sides of the paratha.
- Coconut Paratha 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.



Tips

- **Serve hot paratha with onion raita or aloo gobi or pickle or any side dish like**

  Aloo Palak
  Baingan Bharta
  Navratan Korma
  Rajma Masala

- **You can add grated vegetables to make it more nutritious.**
- **If you dough is dry, you can add some more oil or milk.**
- **If you want more spicy, you can increase the quantity of red chilly flakes.**
- **If you don't get dry coconut flakes, use fresh coconut..**
- **Use butter to brush the paratha instead of oil for a rich taste.**

Health Benefits

Wheat Flour

- It contains healthy carbohydrates, fats and protein, antioxidants and vitamin E
- High in fibers results in boosting the metabolic rate.
- Reverse the weight gaining process.
- Reduce cholesterol, high blood pressure and cardiovascular disease.
- Reduce the risk of type 2 diabetes and breast cancer.

Coconut

- Excellent source of Immunity.
- Good source of antioxidants, vitamins and minerals.
- Good for skin, hair, bones and teeth.

