Oats Pongal Recipe For Breakfast



Oats pongal is a healthy Indian breakfast recipe. This oats pongal is very nutritious dish, as it has oats and moong dal and it tastes more like venpongal recipe. I made this pongal in pressure cooker, so it takes only less time to cook and to have breakfast.

To make oats pongal recipe, you need oats, moong dal and spices. I love dishes with moong dal, as they are light to digest and easy to cook. Tempering with spices like pepper, cumin, green chilly and ginger makes oats pongal more flavorful. I usually make oats idly, **oats dosa**, **oats upma** and **oats paniyaram**. My friend told this recipe so I followed, it came out so good. You can have oats pongal for breakfast or lunch or dinner.

If you are trying for healthy breakfast recipe, then try this **oats pongal recipe for breakfast.** It goes well with coconut chutney or sambar

How to make oats pongal recipe

Preparation Time : 30 mins Cooking Time : 15 mins Serves : 3

Ingredients for oats pongal recipe

- 1/2 Cup of Oats (I used quaker)
- 1/4 Cup of Yellow Moong Dal
- 5 Cashews, Broke into pieces
- Salt to taste
- Ghee to fry oats and cashews
- 3/4 – 1 cup of Water

To Temper

- 2 Tsp of Oil / Ghee
- 1 Tsp of Whole Cumin
- 1 Tsp of Whole Black Pepper
- 1 Green Chilly

- 1 Tsp of Ginger, Finely Chopped
- Pinch of Asafoetida
- Few Curry Leaves



Method to make oats pongal

- Soak the moong dal in water for 15 mins.
- Pressure cook the dal with 3/4 cup of water and cook for

4 whistles until it turns soft.

- Fry the cashews in ghee until golden brown colour.
- Fry the oats in ghee for 2 mins until it changes colour and aroma comes.
- Heat a pan with ghee, add all the ingredients listed under ” To Temper”. Fry it until it splutters.
- Add water and salt, let it come to boil, now add oats, cook until it turns soft.
- Add cooked moong dal, mix well and cook until it reaches semi-thick consistency. Turn off the flame. Finally add fried cashews and give a quick stir.
- Serve hot with coconut chutney or sambar.

Tips

- You can also cook both dal and oats together in cooker.
- Adjust the amount of water according to your wish.
- You can add grated vegetables like carrot or spinach leaves to this pongal.
- Use 3/4 cup of milk in place of water while cooking oats.

Health Benefits of Oats

- Oats are good source of dietary fiber.
- Oats contains one of the best source of Inositol, which is important maintaining for blood cholesterol level.
- It acts as an antidepressant.



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