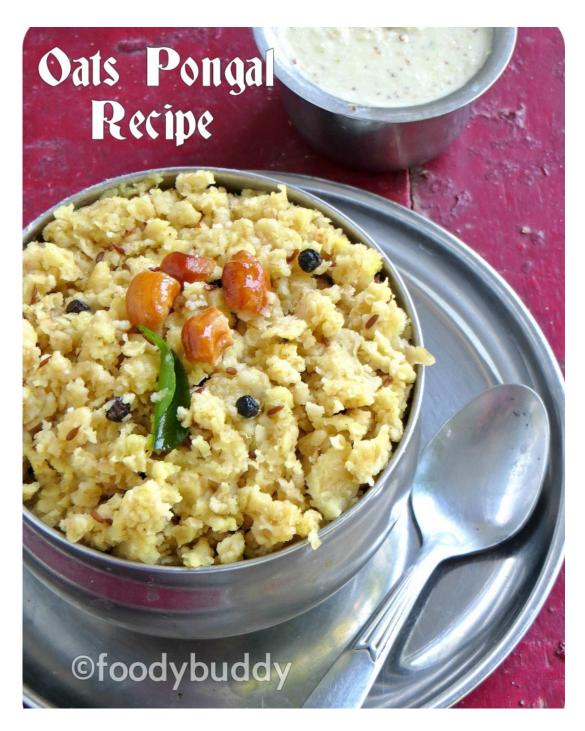
# <u>Oats Pongal Recipe For</u> <u>Breakfast</u>



**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, <u>oats dosa</u>, <u>oats upma</u> and <u>oats paniyaram</u>. 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 <u>coconut</u> <u>chutney</u> or <u>sambar</u>

How to make

## <u>oats pongal recipe</u>

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

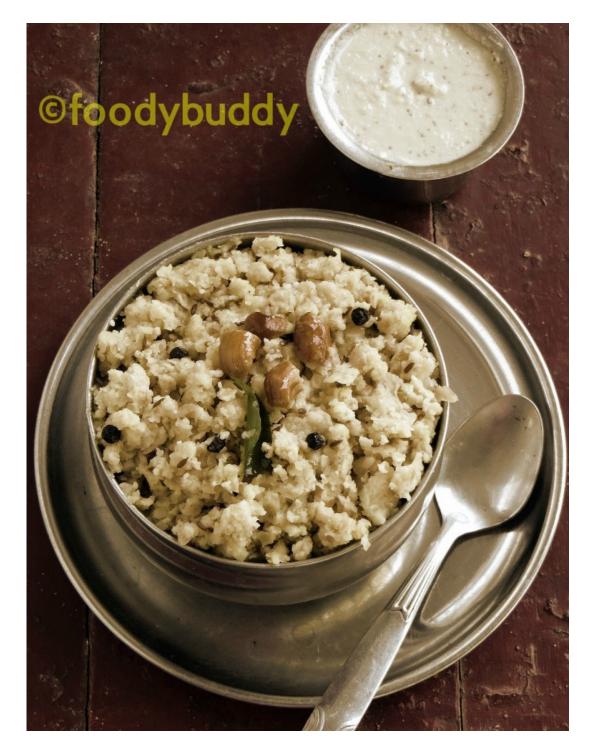
#### Ingredients for oats pongal recipe

- 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
- I Green Chilly

- I 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.

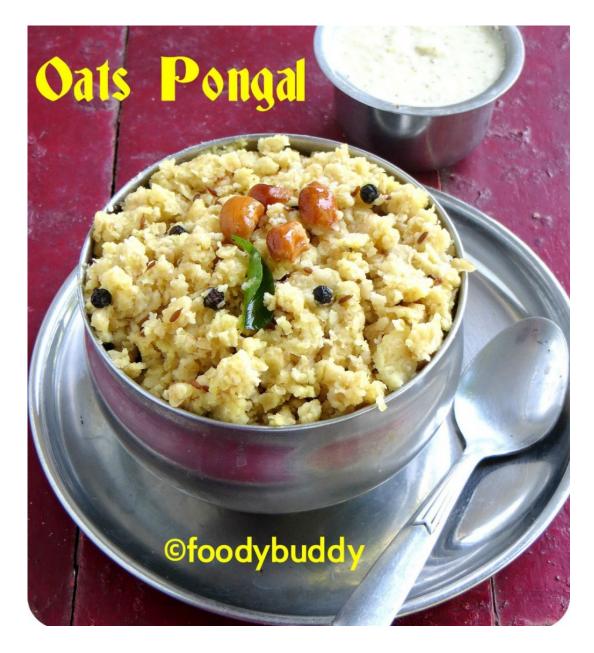
- Fry the cashews in ghee until golden brown colour.
- Fry the oats in ghee for 2 mins until it changes colour and aroma comes.
- Heat a pan with ghee, add all the ingredients listed under "To Temper". Fry it until it splutters.
- Add water and salt, let it come to boil, now add oats, cook until it turns 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 <u>coconut chutney</u> or <u>sambar</u>.

#### 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.



Tags : <u>oats recipes</u>, <u>oats pongal recipe</u>, <u>oats pongal</u>, <u>oats</u> <u>diabetic friendly recipe</u>, <u>quaker oats recipes</u>, <u>saffola oats</u> <u>recipe</u>, <u>Indian oats breakfast recipe</u>, <u>oats diet recipes</u>, <u>oats</u> <u>recipe in tamil</u>, <u>easy oats recipes</u>, <u>how to make oats pongal</u>, <u>prepare oats pongal recipe</u>, <u>oats recipe for dinner</u>