

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.

Oats Pongal



Tags : [oats recipes](#), [oats pongal recipe](#), [oats pongal](#), [oats diabetic friendly recipe](#), [quaker oats recipes](#), [saffola oats recipe](#), [Indian oats breakfast recipe](#), [oats diet recipes](#), [oats recipe in tamil](#), [easy oats recipes](#), [how to make oats pongal](#), [prepare oats pongal recipe](#), [oats recipe for dinner](#)

Ganesh Chaturthi recipes / Kozhukattai Recipes

Hello Friends,

Wishing you all happy vinayaga chaturthi / ganesh chaturthi .

Here you can find the collection of ganesh chaturthi recipes – ellu kozhukattai, poorna kozhukattai recipe, pidi kozhukattai recipe, kara kozhukattai, aval kozhukattai, kondakadalai sundal recipe, medhu vada recipe, payasam recipes and appam recipes.

Try sweet and kara kozhukattai recipes and other special recipes for ganesh chaturthi and have a great celebration.

Vinayagar Chaturthi Recipes 2015 / Ganesh Chaturthi Recipes

Kozhukattai Recipes

1. Thengai Poorna Kozhukattai
2. Ellu Kozhukattai
3. Aval Kara Kozhukattai

4. [Aval Sweet Kozhukattai](#)
5. [Sprouted Green Gram Kozhukattai](#)
6. [Peanut Coconut Kozhukattai](#)
7. [Paal Kozhukattai](#)
8. [Sigappu Arisi \(Red Rice\) Spicy Kozhukattai](#)
9. [Sigappu Arisi\(Red Rice\) Sweet Kozhukattai](#)

Modak Recipes

1. [Chocolate Coconut Modak](#)
2. [Pancha Khadya Modak](#)

Sweet Recipes

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2. [Aval Ladoo](#)
3. [Nei Appam](#)
4. [Kandarappam](#)
5. [Rava Ladoo](#)
6. [Puran Poli](#)
7. [Kaju Katli](#)
8. [Coconut Burfi](#)
9. [Rava Kesari](#)
10. [Milk Powder Gulab Jamun](#)

Payasam / Kheer Recipes

1. [Red Aval Payasam \(Poha Kheer\)](#)
2. [Arisi Payasam \(Rice Kheer\)](#)
3. [Sago Payasam](#)
4. [Moong Dal Payasam](#)
5. [Moon Dal Sago Payasam](#)
6. [Yellow Pumpkin Payasam](#)
7. [Godhumai Rava Payasam \(Cracked Wheat Kheer\)](#)
8. [Carrot Kheer](#)

Savory Recipes

1. Urad Dal Vada
2. Aval Vadai(Poha Vada)
3. Sago Vadai
4. Kondakadalai Sundal
5. Sprouted Navadhanya Sundal



Ellu Kozhukattai



Thengai Poorna Kozhukattai



Sweet pidi kozhukattai



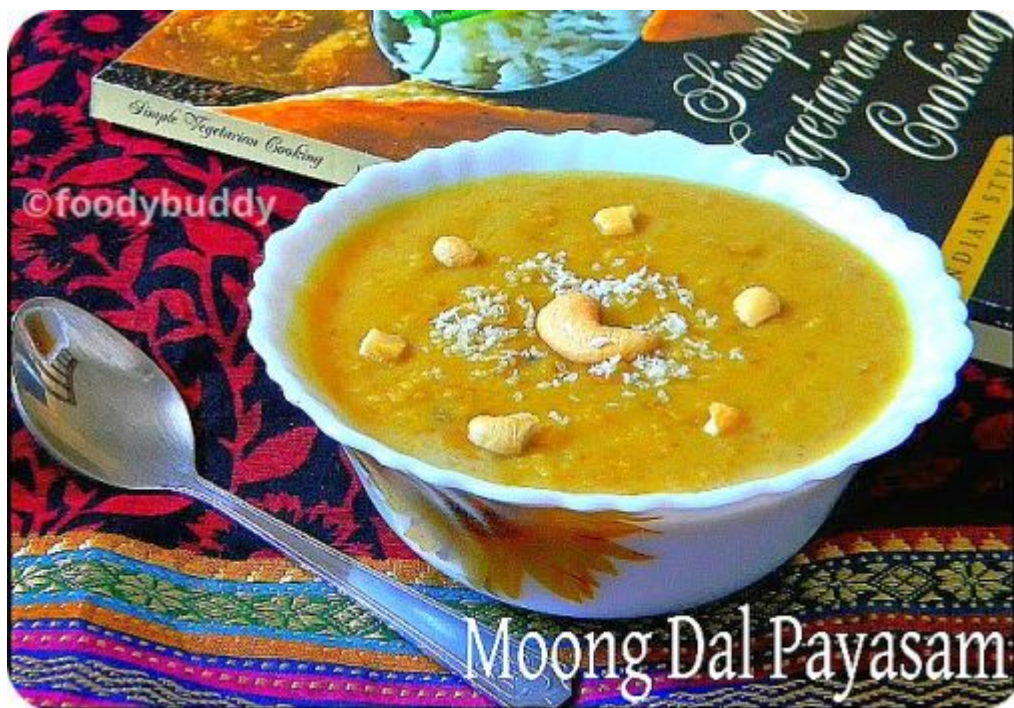
■ uppu urundai



■ aval kara kozhukattai



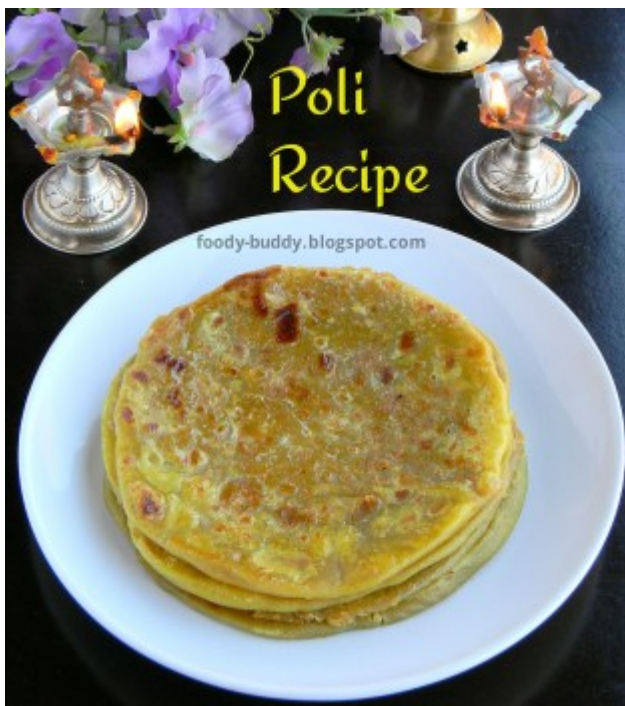
Kondakadalai Sundal



Moong Dal Payasam



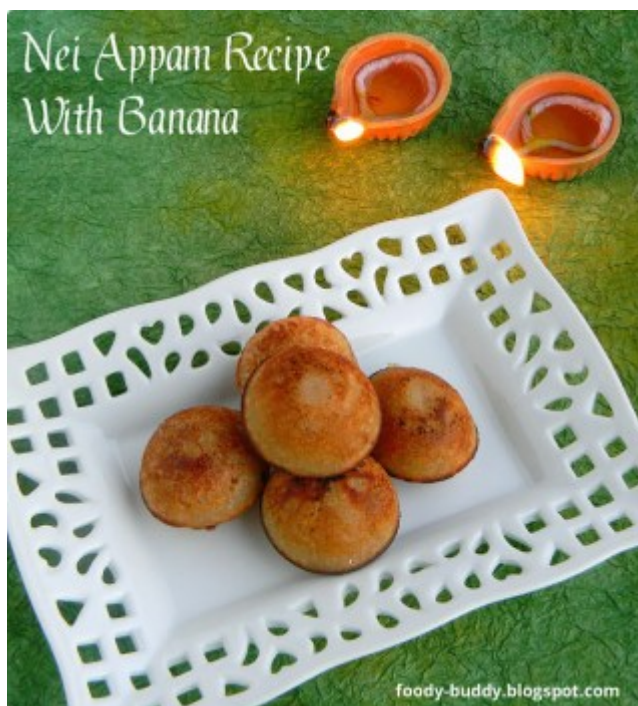
Sago Payasam



Paruppu Poli



Kandaraappam



Nei Appam



Medhu vada



Tags : [ellu kozhukattai](#), [sesame seeds kozhukattai recipe](#), [how to make ellu kozhukattai recipe](#), [modak recipe](#), [poorna kozhukattai recipe](#), [how to make thenga poorna kozhukattai recipe](#), [modhagam](#), [prepare sweet kozhukattai recipes](#), [ganesh chaturthirecipes](#), [vinayagar chaturthi recipes](#), [pillaiyar chaturthi recipes](#), [vinayagar chaturthi tamil recipes 2014](#), [paal kozhukattai recipe](#), [how to make easy paal kozhukattai recipe](#), [prepare paal kozhukattai recipe](#), [paal kozhukattai recipe for vinayagar chaturthi](#), [koshukattai recipe for ganesh chaturthi](#), [make kollukattai recipe](#), [kollukattai recipes](#), [pidi kozhukattai recipe](#), [sweet aval pidi kozhukattai](#), [kara kozhukattai recipe for vinayagar chaturthi](#), [pidi kozhukattai for vinayagar chaturthi](#), [thengai poorna kozhukattai](#), [modhagam](#), [sago payasam recipe](#), [kandarappam](#), [poli recipe](#), [appam recipe](#), [vinayagar chaturthi](#)

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Ellu kozhukattai recipe for vinayagar chaturthi



“Happy Vinayagar Chaturthi My Friends”

I usually make **thengai poorna kozhukattai** for vinayagar chaturthi. As ganesh chaturthi is coming in the week. I wanted to post kozhukattai recipe. So here I am with **Ellu kozhukattai** Recipe for upcoming vinayagar chaturthi. They are also called **sesame seeds kozhukattai (dumplings with sesame seeds and jaggery fillling)**. As a kid I love only **sweet kozhukattai** recipe with pooranam and **paal kozhukattai**. I am

not fond of savory kozhukattai recipe like **kara kozhukattai** or **uppu urundai**. The method of preparing outer covering for the kozhukattai are same except the fillings. **To make ellu poorna kozhukattai recipe**, I used ellu, thengai and jaggery as filling, so you call this kozhukattai as thengai ellu poorna kozhukattai recipe. Try this **easy ellu kozhukattai recipe** for ganesh chaturthi and let me know how it turned out.

Ingredients for Ellu Kozhukattai Recipe

To make pooranam

- 1/4 cup of Ellu / Sesame Seeds (white)
- 2 Tbsp of Jaggery (Vellam)
- 1.5 Tbsp of Grated Coconut
- Pinch of cardamom powder

To make outer dough

- 3/4 Cup of Rice Flour (Store bought)
- 2 Tsp of Sesame Oil
- Salt and water as needed

Method to make sesame seeds kozhukattai

To prepare Stuffing

- Heat a pan, dry roast the ellu (sesame seeds) until it pops. In a mixie, add roasted sesame seeds, jaggery and coconut, grind it. Don't add water while grinding. Make it into small balls. Stuffing is ready.

To prepare outer dough

- Heat water in a pan, let it come to good boil, add salt and oil. Add rice flour and make it into dough. Grease your hand with oil and knead it to a smooth dough.
- Make equally sized balls out of the dough. Keep it covered.

- Take a ball, flatten it with your fingers. Keep the stuffing in the centre and make it into modak shape.
- Repeat the procedure to the rest of the dough. Steam the modak (kozhukattai) in idly maker for 10 mins.
- Delicious ellu kozhukattai are ready.

Tips

- You can use black sesame seeds to make this modak.
- Adjust the amount of jaggary according to your taste.
- Do not over cook / steam it, it may give you break the kozhukattai.
- Making outer dough is important. You can add rice flour to the boiled water or you can add boiled water to the rice flour bowl.
- Make thin outer layers of the dough so that the kozhukattai will be soft and also it gets cooked easily

Ellu Kozhukattai



tags : [ellu kozhukattai](#), [sesame seeds kozhukkattai recipe](#), [how to make ellu kozhukattai recipe](#), [modak recipe](#), [poorna kozhukattai recipe](#), [how to make thenga poorna kozhukattai recipe](#), [modhagam](#), [prepare sweet kozhukattai recipes](#), [ganesh chaturthirecipes](#), [vinayagar chaturthi recipes](#), [pillaiyar chaturthi recipes](#), [vinayagar chaturthi tamil recipes 2014](#)