

Instant Wheat Flour Banana Sweet Appam Recipe



Instant Wheat Flour Banana Sweet Appam Recipe is one of my favourite sweet dish made during festival occasions like Krishna Jayanthi, vinayagar chaturthi and karthikai deepam. This is a easy and instant low fat sweet appam recipe, you can also deep fry them in oil. My mom make this sweet often the whole kitchen just smells wonderfully. Banana in this appam makes it so flavorful. I already posted [nei appam recipe](#) in my blog. You can make this sweet banana appam to treat your kids for after school snacks.

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Prep time

10 mins

Cook time

20 mins

Total time

30 mins

Instant Wheat Flour Banana Sweet Appam Recipe is easy and quick to make sweet for krishna jayanthi / karthigai deepam / diwali.

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Recipe type: Dessert

Cuisine: Indian

Serves: 10

Ingredients

- $\frac{1}{2}$ Cup of Wheat Flour
- $\frac{1}{3}$ Cup of Jaggery
- 1 Big Ripe Banana
- $\frac{1}{4}$ Tsp of Baking Soda
- 3 Cardamom, Crushed
- 2 Tbsp of Grated Coconut
- Salt to taste
- ghee to fry

Instructions

1. Heat a pan with jaggery and water, boil it for few mins or until it melts. Filter it to remove impurities. Transfer this to a bowl, add wheat flour, crushed cardamom, grated coconut, salt and baking soda.
2. In a bowl, mash the banana with back of your fork, add this to a bowl. Mix everything well with fork. Batter should be thick without any lumps.
3. Heat paniyaram pan with ghee, pour spoonful of batter to the hole and cook both the sides of appam until it turns golden brown colour.
4. Instant sweet appam is ready to serve hot.

Notes

You can also deep fry instead of make them in paniyaram pan. Increase or decrease the amount of jaggery according to your taste.

Banana gives nice flavor and soft texture to appam.

use ripe banana for this dish.

If your batter is runny, add rice flour.

A photograph of five golden-brown, round wheat flour appams served on a brass plate. The plate is placed on a white textured cloth. In the top left corner, there are yellow flowers. The text 'Wheat Flour Appam' is written in bold blue font across the top of the image.

Wheat Flour Appam

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