Red Aval Mixture Recipe / Guilt Free Diwali Snacks



Red Aval Mixture Recipe / Poha Chivda Recipe is a crispy and yummy snack, a nice alternative to deep fried snacks. They are very healthy as I used red aval (rice flakes) and pan fried all the ingredients. There are two varieties of rice flakes, one is thin variety and other one is thick variety. Here I used thin rice flakes to make this wonderful mixture. If you

don’t have snacks but if you want something to munch for evening snacks, you should try this guilt free snack (aval mixture), they are very easy to make in very less time and they are good for you. Even beginner and bachelor can make this simple mixture for diwali. Also check cornflakes mixture recipe in my blog.

How to make Red Aval Mixture Recipe / Poha Chivda Recipe

Red Aval Mixture Recipe / Guilt Free Diwali Snacks



Save Print
Prep time
5 mins
Cook time
15 mins
Total time
20 mins

Red Aval Mixture Recipe / Poha Chivda Recipe / Guilt Free Diwali Snacks is a crispy healthy snack, an alternative to deep fried snacks. Goes well with tea.
Author: Gayathri Ramanan
Recipe type: snacks
Cuisine: Indian
Serves: 2
Ingredients

- Ingredients

- 1 Cup of Red Aval / Red Poha / Red Rice Flakes(thin)
- 2 Tbsp of Pottukadalai / Roasted Gram
- 2 Tbsp of Roasted Peanuts
- 10 Roasted Cashews
- 5 Raisins
- Pinch of Sugar
- ¼ Tsp of Turmeric Powder
- ½ Tsp of Red Chilly Powder
- Salt to taste
- 1-2 Tbsp of Oil
- Pinch of Asafoetida
- Few Curry Leaves

Instructions

1. Take all your ingredients in a plate.
2. Heat a pan with a tsp of oil, roast the pottukadalai, curry leaves and roasted peanuts until it turns golden brown. Remove and keep it in a plate
3. Heat the same pan with a tsp of oil, add red aval, turmeric powder, asafoetida, red chilly powder, sugar and salt, roast it for 2 mins until it turns crisp. Remove and transfer it to a plate.
4. Heat the same pan with oil, add cashews and raisins, roast it until it turns golden brown. Remove and transfer it to a plate.
5. Mix everything in a plate and toss it well.
6. Aval mixture (poha chivda) is ready.
7. Cool them and store it in an airtight container.
8. Serve it with tea or coffee

Notes
Here I used roasted peanuts so I fried along with roasted gram.
If you are using raw peanuts, fry it separately in oil.
Raisins add a sweeter note dont avoid it.
If you want even more tastier, deep fry everything in oil.
Curry leaves adds a nice flavor to this dish.
You can also add some grated potatoes, deep fry it in oil and

add it to the mixture.
Fry everything in a medium flame.
You can also add some coconut if you want.
Adjust red chilly powder and salt according to your taste.



Tags: aval mixture, Red aval mixture recipe, how to make aval mixture recipe, guilt free diwali snacks, guilt free snacks, prepare aval mixture recipe, crispy aval mixture recipe, poha chivda, poha chivda recipe, how to make poha chivda, easy diwali snacks, kids snacks recipe, weight loss snacks.

Krishna Jayanthi Recipes – 2014

Krishna Jayanthi Recipes – Gokulashtami Recipes – 2014



Google image

In 2014, Krishna Jayanthi falls on 17th of August. So here are the Gokulashtami Recipes from Foody-Buddy. Wishing you all happy Krishna Jayanthi in Advance…Click on the below images to get the recipes.



Maida Seedai



Mullu Murukku



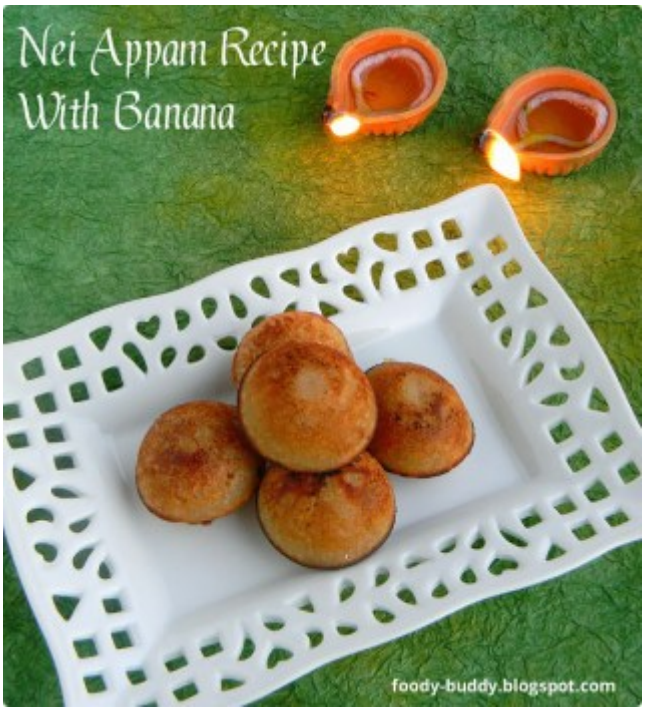
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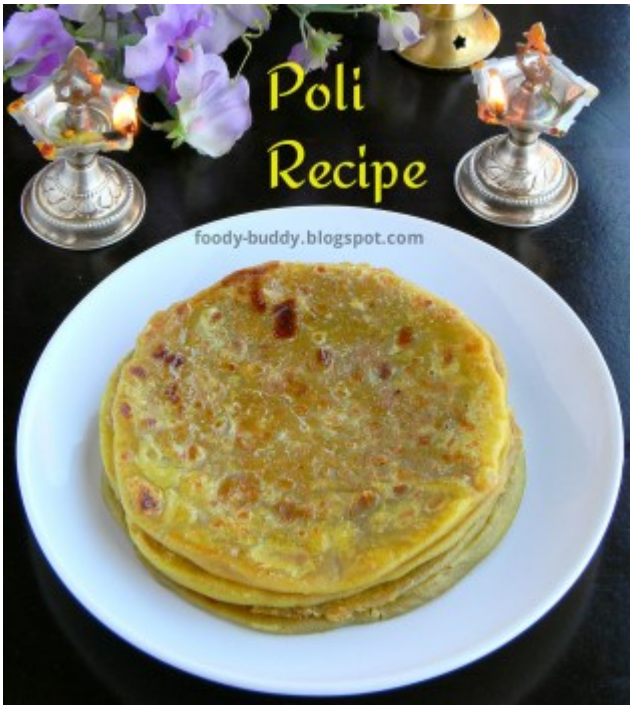
Medu Vadai

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Aval Vadai

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Nei Appam

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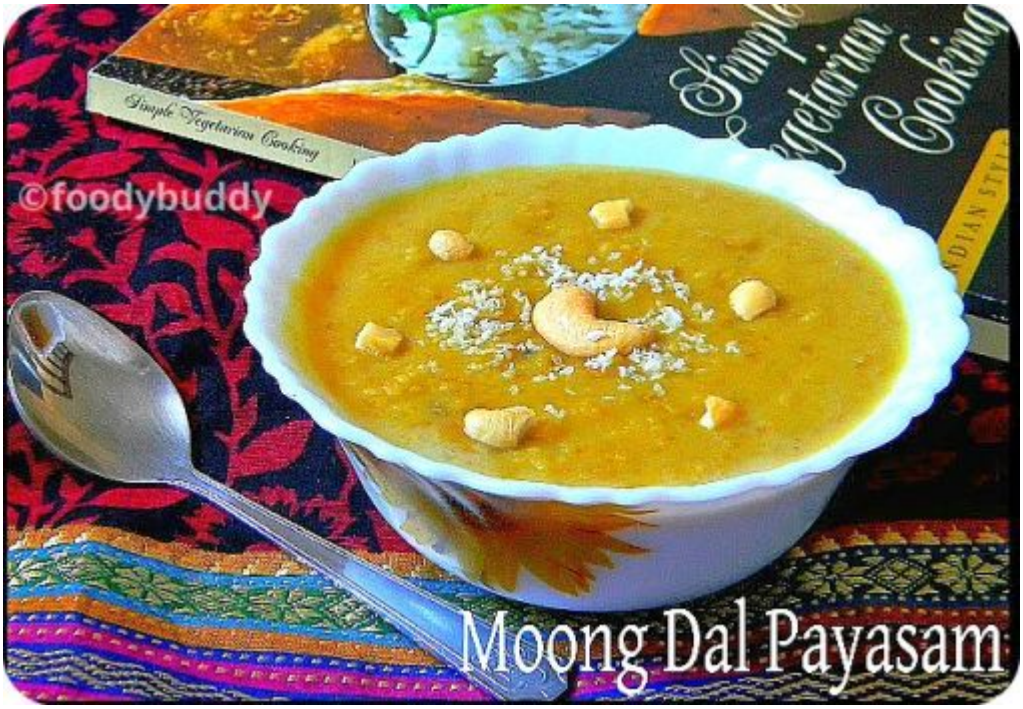
  Rava Ladoo

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  Aval Ladoo

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  Rava Kesari

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  Moong Dal Payasam

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  Sago Payasam

Tags: gokulashtami recipes,krishna jayanthi recipes,janmashtami recipes,easy gokulashtami recipes,maida seedai recipe,mullu murukku,thattai recipe,aval urundai, paal payasam, rava laddu, murukku recipe,rava kesari,how to make seedai without bursting,prepare seedai, gokulashtami recipes,how to make easy murukku, nei appam, rava ladoo, foodybuddy

Red Aval Laddu / Poha Ladoo Recipe

Red Aval laddu / Poha Ladoo is my most favourite among ladoos, it is such easy and simple recipe. This aval ladoo needs just few minutes for preparation and with just 3 ingredients. So if you are looking for easy and quick sweet recipe for krishna jayanthi and Diwali, give this ladoo a try and let me know how it turned out.



Preparation Time : 15 mins **Cooking Time :** 10 mins **Makes :** 10 ladoos

Ingredients

- 1 Cup of Red Aval
- 1/2 Cup of Powdered Sugar
- 1/4 Cup of Ghee (Clarified Butter)
- 2 Tbsp of Milk

- 10 Cashews, Chopped
- 3 Cardamom

Method

- Heat a pan, dry roast the red aval over medium heat, until golden brown in colour. Let it cool down.
- Transfer the roasted poha to mixie jar and grind it finely. On the other side, grind the sugar and cardamon to a fine powder.
- Heat ghee, roast the cashews. In a bowl, mix ground aval (poha), sugar, melted ghee, milk and cashews. Mix well and make ladoo out of it.
- Yummy aval laddu is ready. Store it in an airtight container.

Tips

- You can make ladoo with brown sugar or jaggery.
- Use white aval or red aval to make ladoo.
- Adjust the amount of sugar to your taste.
- Add ground coconut for great taste.



tags : aval laddu,easy aval laddu recipe,poha ladoo recipe,poha laddu,aval ladoo recipe,poha ladoo,easy poha laddu,krishna jayanthi recipes,aval recipes,poha recipes,sweets for krishna jayanthi,gokulashtami recipes,easy ladoo for krishna jayanthi,quick ladoo recipes