

Oat Bran Banana Muffins Recipe / Oat Bran Muffin



No flour and no white sugar added, Oat Bran Banana muffins recipe are extremely delicious in taste, packed with protein

and fiber. This is not oatmeal, but they are oat bran. These yummy muffins are made with brown sugar, banana and honey as the sweetener. Banana are added here. They are packed with nutrients, give you fuel to body. Adding banana gives moisture, flavor and sweetness. They are perfect breakfast muffin, it takes only ten minutes to get muffin into oven. Oat bran is the outer cover of the oats and they are very good for health, high in fiber, you can find this whole foods, Trader Joes. This recipe is I got it from trader joes box. Try this oat bran muffins at home and let me know in comment how it tasted.

How to make Oat Bran Banana Muffins Recipe

Ingredients for Oat Bran Banana Muffins Recipe

Preparation Time : 15 mins Cooking Time : 15 mins Serves: 7

- 1 Cup of Oat Bran, Uncooked
 - 2 Tbsp of Brown Sugar
 - 1 Tsp of Baking Powder
 - 1/4 Tsp of Salt
 - 1/2 Cup of Milk
 - 2 Tsp of Flax Seed Powder
 - 1 Big Banana, mashed
 - 2 Tbsp of Honey
 - 1/2 Cup of Rasins
 - Few Cashews

Method for Oat Bran Banana Muffins Recipe

- In a bowl, combine dry ingredients, mix well.
- Add milk, honey, mashed banana and oil, mix just until dry ingredients are moistened.
 - Add raisins, mix well combined.
 - Meanwhile, heat oven to 425 ° F.
- Pour the muffin batter to 3/4 of the muffin cups.
 - Bake for 15-17 mins or until golden brown.

Tips

- If you don't have brown sugar, add white sugar instead.
- You can add blueberries or blackberries or strawberries for different flavor.
- Add any nuts of your choice like walnuts, almonds.

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Ricotta Cheese Peas Sandwich / Ricotta Sandwich

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Ricotta Cheese Peas Sandwich

Ricotta Cheese is an Italian whey cheese made from sheep (goat/cows) milk whey. You can make your own ricotta cheese at home, they are very simple. They are excellent source

of protein, calcium and vitamins. In every single cup, you got 27 gms of proteins. If you are vegetarian like me, you can take a lot of protein from ricotta. If you are weight conscious, they buy fat-free ricotta. Coming to the recipe, Ricotta cheese peas sandwich is a yummy, healthy and filling sandwich made with ricotta cheese, peas and other flavorful spices. Cumin and dry methi gives a nice flavors, ricotta adds a creamy texture to this sandwich. If you don't get ricotta cheese in you place, you can substitute with paneer or tofu. Serve this sandwich with any soup or any fruit juice for complete breakfast.

How to make Ricotta Cheese Peas Sandwich

Ingredients for Ricotta Cheese Peas Sandwich

Preparation Time: 10 mins Cooking Time: 15 mins Serves:2

- 1/4 Cup of Ricotta Cheese
- 1/2 Cup of Peas (Frozen Peas)
 - 1 Tsp of Cumin Seeds
- 1 Red Onion, Finely Chopped
 - 1 Green Chilly
 - 1 Garlic, Crushed
- 1 Small Tomato, Chopped
- 1/4 Tsp of Turmeric Powder
- 1/2 Tsp of Red Chilly Powder
 - 1/2 Tsp of Garam Masala
- 1 Tsp of Dry Methi Leaves (Kasuri Methi)
 - Salt and Pepper to taste
- Few Coriander leaves(cilantro), chopped
 - 2 Tsp of Butter to toast
 - 2 Tbsp of Raw onion



Ricotta Cheese Sandwich

Method for Ricotta Cheese Peas Sandwich

- Heat a pan with oil, add cumin seeds, after it sizzles, add onion, garlic and green chilly, sauté well until it turns golden brown.
- In a medium flame, add turmeric powder, red chilly powder, garam masala, sauté well for 1 min.
- Add peas and tomato, fry for a min and add water, cover and cook it for 2-3 mins. Open the lid, add salt, pepper and dry methi leaves. Turn off the flame.
 - Finally add ricotta cheese and cilantro, mix well.
 - Toast the bread with some butter.
- Assemble the sandwich by placing ricotta cheese stuffing, add raw onion, on one bread. Place the other bread on top. Gently press both the bread together.
 - Slice the sandwich diagonally to create finger sandwich.
- Yummy, healthy ricotta cheese peas sandwich is ready to serve with soup or fruit juice.

Tips

- You can have mayonnaise or any cheese or any dressing in your sandwich.
 - If you have lettuce, use that in your sandwich.
 - Add any veggies of your choice like mushroom.
 - Add ghee in place of butter.
 - Substitute paneer in place of ricotta cheese.



Tags: [ricotta Cheese Peas Sandwich](#), [ricotta cheese sandwich recipe](#), [cheese sandwich](#), [peas sandwich](#), [healthy sandwich](#), [ricotta sandwich](#), [breakfast sandwich](#), [high protein sandwich](#), [lunch sandwich](#), [sandwich ideas](#), [vegetarian sandwich](#), [paneer substitute sandwich](#).

Toor Dal Dosa Recipe / Thuvaram Paruppu Dosa

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Thuvaram paruppu dosa

Toor Dal Dosa Recipe/ Thuvaram Paruppu dosa / Togaribele Dosa is a nice crispy Indian pancake made with rice, toor dal, red chilies and salt. This is simple to make, protein rich and

tasty dosa. I love toor dal than normal dosa because of its unique taste. This is my mom's recipe. For a change, try this toor dal dosa recipe for week day or weekend breakfast, everyone in your family will like it for sure. Serve this dosa with [coconut chutney](#) or any chutney of your choice. I had thuvaram paruppu dosai with [peanut chutney](#).

Also check my other dosa recipes

- [Tomato toor dal dosa](#)
- [Adai](#)
- [Spongy Aval \(poha\) dosa](#)
- [Onion Rava Dosa \(hotel Style\)](#)
- [Quinoa Dosa](#)
- [oats dosa](#) (Instant)
- [Oats Aval Dosa](#)
- [Bajra Dosa](#)
- [Leftover Magic Dosa](#)
- [Masala Wheat Dosa](#)
- [Pesarattu / Green Moong Dosa](#)

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Ingredients for Toor dal dosa recipe

Preparation Time: 6 hrs Cooking Time: 30 mins Serves: 8
dosa

- 1 Cup of Boiled Rice
- 1/2 Cup of Toor Dal
- 2 Red Chilies or to taste
- 1/2 Tsp of Fenugreek
- Salt to taste

Method for Toor dal dosa recipe

- Soak both the rice, toor dal, red chilies, fenugreek in water for 4-6 hrs or overnight.
- Drain the water, wash the rice, toor dal in tap water, grind it in a blender along with water until the batter turns smooth and soft. The batter should not be watery or thick. Add salt and mix well with hand. Leave it for 4 hrs or use it immediately your wish.
- Heat a dosa pan or griddle, pour a ladleful of dosa batter and spread it like dosa. Drizzle a tsp of oil over dosa or in sides. Cook both the sides until it turns crisp and golden brown colour.
- Toor dal dosa is ready to serve.

Tips

- Serve this dosa with [Tomato chutney](#) or [Onion chutney](#) or Green Chutney.
- You can add grated carrots and curry leaves to the batter.
- You can avoid red chilies and add green chillies, if you want spicy side. You can also make dosa without red chilly.



Tags: [toor dal dosa](#), [toor dal dosa recipe](#), [thuvaram paruppu dosa](#), [paruppu dosa](#), [dal dosa](#), [dosa recipe](#), [easy crispy dosa recipe](#), [south indian dosa recipe](#), [south indian breakfast ideas](#), [Togaribele Dosa](#), [dosa ideas](#)