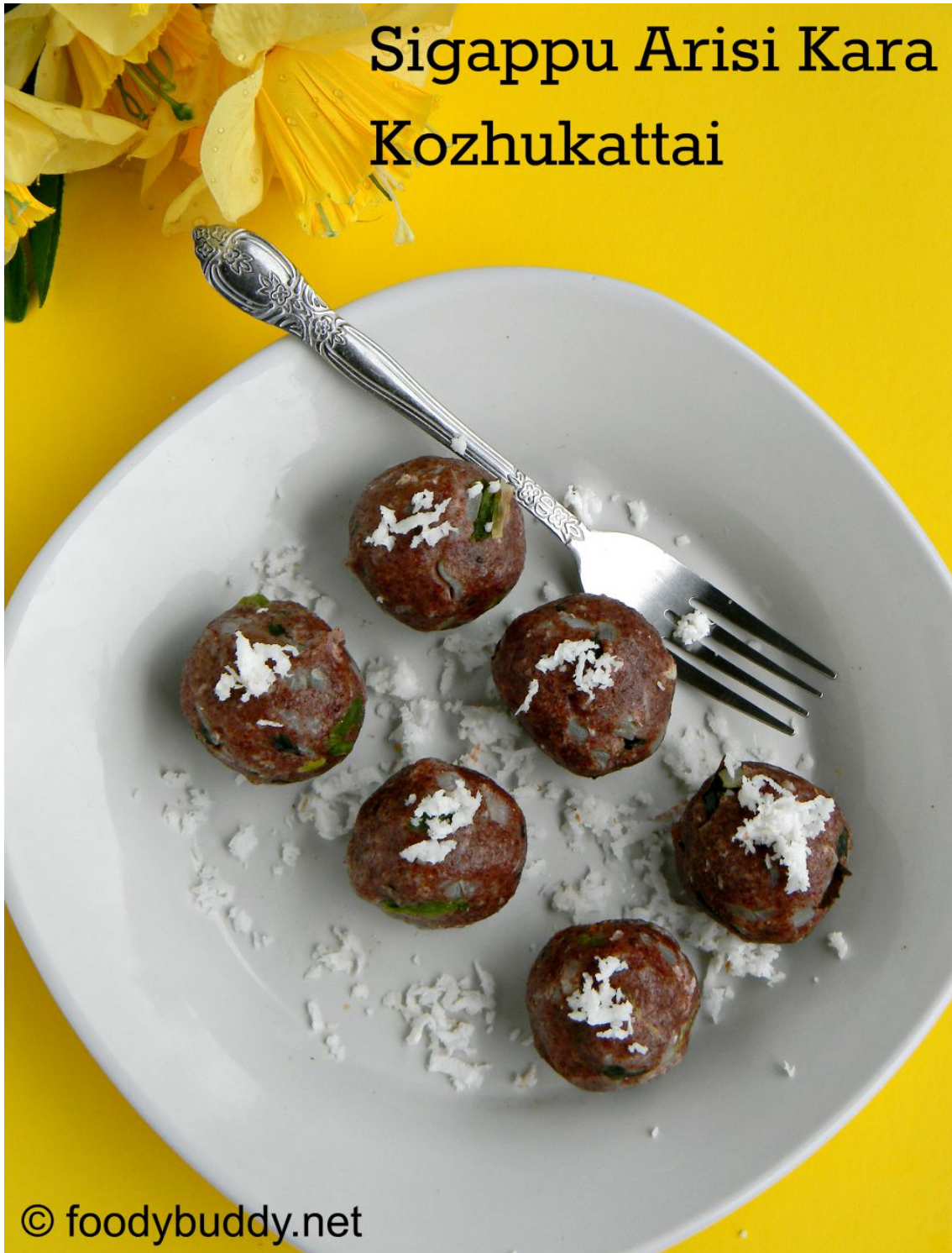


Sigappu Arisi Kara
Kozhukattai / Red Rice puttu
maavu kozhukattai



Sigappu Arisi Kara Kozhukattai / Red Rice puttu maavu kozhukattai is a healthy and delicious breakfast dish. You can

also make this puttu maavu kozhukkatai as snack or for school lunch boxes for kids. Sigappu arisi (Red rice) is a healthy grain with lot of vitamins, minerals, fiber and protein. They are good for diabetic patients and high cholesterol people. Serve this kara kozhukattai with coconut chutney. I made this kozhukattai last month with leftover puttu maavu. Also check my [kerala style puttu recipe](#). Try this healthy kara kozhukattai and leave your feedback in comment box.

How to make Sigappu Arisi Kara Kozhukattai

Sigappu Arisi Kara Kozhukattai / Red Rice puttu maavu kozhukattai



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Prep time

10 mins

Cook time

10 mins

Total time

20 mins

Sigappu Arisi Kara Kozhukattai / Red Rice puttu maavu kozhukattai is a healthy and delicious breakfast or snacks. It is made of red rice flour. Serve this kara kozhukattai with

coconut chutney.

Author: Gayathri Ramanan

Recipe type: Snacks

Cuisine: Indian

Serves: 10

Ingredients

- 1 Cup of Sigappu Arisi Puttu Maavu (Red Rice Flour)
- 1 Tsp of Mustard Seeds
- $\frac{1}{2}$ Onion, Chopped
- 1 Green Chilly
- $\frac{1}{4}$ Cup of Coconut, Grated
- Few Cashews, chopped
- Pinch of Asafoetida
- Few Curry Leaves, Chopped
- Few Coriander Leaves, Chopped
- Salt to taste
- Water as required (approximately 1 cup)
- Oil and ghee as needed

Instructions

1. In a bowl, take red rice puttu maavu and grated coconut.
2. Heat a pan with water, add ghee and salt to it, boil it for few mins. Add the water to the flour bowl. Leave it for 5 mins. Now the flour will absorb all the water.
3. Heat a pan with oil, add mustard seeds, after it pops up, add cashews, onion, green chilly, asafoetida, curry leaves, saute it for few mins, add coriander leaves and transfer this to the flour bowl. Mix well with hand to form smooth dough.
4. Divide the dough into equally sized balls.
5. Steam this balls in a idly pan for 10 mins.
6. Hot, delicious sigappu arisi kara kozhukattai is ready. Garnish with grated coconut and serve with your favourite chutney.

Notes

Serve this kozhukattai with coconut chutney

I used store bought red rice puttu maavu(flour). You can also

make the same kozhukattai with white rice flour.
Adjust the number of chilies as per to your taste.
Amount of water may vary based on the flour quality. So adjust
it accordingly.



Tags: [Sigappu Arisi Kara Kozhukattai](#) , [Red Rice puttu maavu kozhukattai](#), [Kara kozhukattai seivathu eppadi](#), [how to make sigappu arisi kara kozhukattai](#), [Kara sigappu arisi pidi kozhukattai](#), [spicy red rice kozhukattai](#), [kara](#)

kozhukattai recipe, kozhukattai recipe for vinayagar chaturthi, sigappu arisi kozhukattai, red rice kozhukattai, puttu maavu kozhukattai, prepare sigappu arisi kara kozhukattai, sigappu arisi kara kozhukattai recipe. red rice puttu maavu kozhukattai recipe

Ragi Koozh Recipe / Kezhvaragu Koozh / Finger Millet Porridge



Ragi Porridge

Aadi (Tamil Month) falls between the mid of July and ends in mid of August. Aadi Perukku, is a famous South Indian festival celebrated on the 18th day of the Aadi month. On that day, people worship near the rivers for the rain. It is a month of sowing the seeds since it is a peak monsoon time. During this month, prayers and poojas are offered to powerful goddesses, they prepare porridge called as Koozh (porridge) in

Tamil in large quantities and offered to the Goddess (Amman) in Temple and then they distribute as prasada to the public on sundays during aadi month.

Coming to the recipe, Aadi Koozh / Ragi Koozh Recipe/ Fingermillet Porridge is a vegetarian recipe made from Kezhvaragu (Ragi/ Fingermillet), buttermilk, salt and water. This drink is very healthy and nutritious, as they are rich in calcium (bone growth), iron (increase haemoglobin level) and good for weight loss and diabetic people. Perfect drink for summer, as it cools our body. Usually they serve with pickle / [puli kulambu](#) and small onion.

Ragi Koozh Recipe / Kezhvaragu Koozh / Finger Millet Porridge



[Save Print](#)

Prep time

8 hours 10 mins

Cook time

20 mins

Total time

8 hours 30 mins

Ragi Koozh Recipe / Kezhvaragu Kanji / Ragi Pooridge is a super cooler nutritious drink perfect to drink in summer. Served with pickle and onion

Author: Gayathri Ramanan

Recipe type: Breakfast

Cuisine: Indian

Serves: 2

Ingredients

- To Soak
- *****
- $\frac{3}{4}$ Cup of Ragi /Finger Millet
- 2.5 Cups of Water
- Salt as needed
- Other Ingredients
- *****
- 2.5 Cups of Buttermilk
- $\frac{1}{4}$ Cup of Cooked Rice
- 10 Small onion, Peeled and Chopped
- Pickle as needed

Instructions

1. In a bowl, add ragi, water and salt. Mix well with whisk without any lumps. Leave it for overnight.
2. Heat a pan, when it is hot, add the ragi-water mixture and rice. Keep on stirring continuously in a medium flame till it becomes thick and raw smell goes off.
3. Turn off the flame and allow it to cool for 15 mins.
4. Add buttermilk (Refer notes) and salt. Mix well with whisk, add water to get thin , runny consistency.
5. Serve with small onion, green chilly, curry leaves and pickle.

Notes

To make buttermilk, in a bowl, add curd and water, whisk well with salt.

Always cook koozh in a heavy bottomed pan.

Add buttermilk after koozh completely cools down.

In terms of water quantity adjust it accordingly to your taste

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Aadi Koozh

Tags: [ragi koozh recipe](#), [ragi koozh](#), [kelvaragu koozh](#), [keppai koozh](#), [fingermillet porridge recipe](#), [ragi porridge recipe](#), [make ragi koozh at home](#), [prepare ragi porridge](#), [aadi koozh recipe](#), [koozh recipe](#), [kanji recipe](#), [Indian porridge](#), [south](#)

[indian breakfast recipe](#)

[**Power Berry Smoothie Recipe / Post Workout Smoothie**](#)

Power Berry Smoothie



I have loved smoothie these days. I wanted to try different smoothie with available seasonal fruits. This power berry smoothie recipe is a delicious and very quick to make

smoothie, they are packed with fruits like blueberries, blackberries, banana and apple. When you sip this smoothie, you feel relaxed and you can enjoy all the flavors. I really like the tartness of berries, sweetness from honey, banana and apple adds creaminess to smoothie. You can have this smoothie for breakfast or as an evening snack. It's a perfect post workout smoothie.

Power Berry Smoothie Recipe / Post Workout Smoothie



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Prep time

5 mins

Cook time

5 mins

Total time

10 mins

Power berry smoothie are packed with blueberries, blackberry, banana and apple. Start your day with this power packed smoothie, also it is a great post workout smoothie.

Author: gayathri ramanan

Recipe type: smoothie

Cuisine: American

Serves: 1 glass

Ingredients

- 25 Blueberries
- 15 Blackberry
- $\frac{1}{2}$ Apple
- $\frac{1}{2}$ Banana
- 3 Tsp of Honey or to taste
- $\frac{1}{2}$ Cup of Milk

Instructions

1. Place all the ingredients in a blender and blend it until it turns smooth.
2. Add honey and mix well with spoon.
3. Pour into a glass and serve for breakfast or as evening snack.

Notes

You can add greek yogurt in place of milk.

Add sugar or agave instead of honey.

For vegan version, add almond milk or soy milk.

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Berry Smoothie

Tags: [power berry smoothie](#), [power berry smoothie recipe](#), [berry smoothie](#), [smoothie recipe](#), [smoothie recipe ideas](#), [how to make berry smoothie](#), [prepare smoothie at home](#), [post workout](#)

[smoothie recipe](#), [breakfast smoothie](#).