

AVOCADO FLAX SEED CHAPATHI RECIPE



Avocado are native to Mexico, they are also called alligator pear or butter fruit in India. Avocado is a power packed fruit which consists of 20 essential nutrients. You can make lot of recipes with avocado like guacamole, salads, sandwiches, smoothies and so on. But today I am sharing Indian Bread recipe with avocado and it is called Avocado flax seed

chapathi recipe.

Avocado flax seed chapathi recipe is very good to our health, as it contains flax seed powder In addition to avocado. Flax seeds has omega 3 fatty acids, which is good for heart. As both avocado and flax seeds has good fats and healthy to heart, so I call this chapathi – heart healthy paratha. Try to include this healthy avocado flax seed chapathi recipe in your diet for lunch or dinner. Serve this avocado chapathi with raita or dal or any subzi.

How to make Avocado Chapathi

Prep Time : 35 mins Cook Time : 30 mins Serves : 10-12
Chapathi

Ingredients for Avocado flax seed chapathi Recipe

- 2 Cups of Whole Wheat Flour
- 1 Ripe Avocado
- 1 Tsp of Flax Seed Powder
- 1/2 tsp of Cumin
- 1 Tsp of Grated Ginger
- 1/2 Tsp of Turmeric Powder
- 3/4 Tsp of Black pepper Powder
- 2 Tbsp of Oil
- Salt and water as required

Method for Avocado flax seed

chapathi Recipe

- Wash the avocado and cut into two halves and remove the seeds. Scoop out the flesh part using spoon and mash well with spoon or grind it in mixie to a smooth paste.
- In a mixing bowl, add wheat flour, mashed avocado, grated ginger, black pepper powder, flax seed powder, turmeric powder, cumin, salt and oil. Mix well with hand. Add water little by little and knead well. until you get smooth dough. Leave the dough to rest for 30 mins. Divide the dough into equally sized balls. Roll out each balls into round shape.
- Heat a pan, when it is hot, place the rolled chapathi, cook on both sides until it turns golden brown colour.
- Serve hot with raita or any subzi or dal of your choice.

Tips

- To get soft chapathi, add 1/4 cup of thick curd while kneading the flour.
- For spicy taste and additional flavour, add green chillies instead of black pepper powder.
- If you don't get flax seed powder, just leave it.
- Addition of ginger and cumin for easy digestion.



Tags : [avocado chapathi](#), [avocado roti](#), [avocado paratha](#), [avocado flax seed chapathi](#), [flax seed paratha](#), [flax seed roti](#), [chapathi recipes](#), [roti recipes](#), [northindianrotirecipes](#), [butterfruitchapathi](#), [hearthealthyindianfood](#),

MINT CHUTNEY CUCUMBER SANDWICHES



Mint Cucumber Sandwich

This delicious mint chutney cucumber sandwiches go perfectly with a cup of afternoon tea or for brunch. You can see this kind of veg sandwiches in India and it is called English tea time sandwich.

What adds flavor to this mint cucumber sandwich recipe is the mint chutney, mint adds flavour and cooling effect and other spices are italian seasoning, salt and pepper. I made this mint chutney in advance, so it is very easy for me to prepare morning breakfast. You can add any grated cheese to enrich the taste of this sandwich like mozzarella cheese or cream cheese. Anyone who love cucumber sandwiches will surely enjoy this sandwich.

You can serve this sandwiches either hot or cold. Try this easy and yummy mint chutney cucumber sandwiches for evening or party snack or for picnic or small get together.

How to make Mint cucumber sandwich recipe

Preparation Time : 10 mins Cooking Time: 5 mins Serves : 2

INGREDIENTS FOR MINT CHUTNEY CUCUMBER SANDWICH

- 4 Slices of Bread (White or wheat bread)
- 1/4 Cup of [Mint Chutney](#)
- 2 Big Tomatoes
- 1 medium Size Cucumber
- Dash of Italian Seasoning (optional)
- Salt and pepper to taste
- Butter as required

METHOD FOR MINT CHUTNEY CUCUMBER SANDWICH

- For south Indian mint chutney click [here](#) for the recipe. To get quick mint chutney, In a blender, add mint leaves, onion, yogurt, green chilly, lemon juice, cilantro and salt, blend it into a smooth paste.
- For every slices of each bread, Spread the butter on one side of the bread.
- Spread the mint chutney on other side of each bread. Place sliced cucumber and chopped tomatoes, season with italian seasoning, salt and pepper.
- Put the slices together, toast the bread in pan on two sides until it turns golden brown colour.
- Slice the sandwich diagonally to create finger sandwiches.
- Serve this mint cucumber sandwich for evening snack with

tea or coffee.

Tips

- You can use cheese but I prefer mozzarella or cream cheese along with cucumber and tomato.
- I recommend to use wheat bread as it was healthy when compared to white bread.
- If you don't like the crust, just remove it.



Tags : [MINT CUCUMBER SANDWICH](#), [mint cucumber sandwiches](#), [mint chutney cucumber sandwich](#), [cucumber mint finger sandwiches](#), [english cucumber mint sandwiches](#), [cucumber mint butter sandwiches](#), [mint cucumber tomato sandwiches](#), [how to make mint](#)

[cucumber sandwich](#), [prepare mint chutney cucumber sandwiches](#), [indian veg sandwiches](#), [english tea time sandwiches](#), [sandwichrecipes](#), [sandwich for picnics](#), [sandwich for get together](#)

5 mins Instant Wheat Bonda Recipe



Wheat bonda / Godhumai bonda is an easy to make deep fried evening snack that can be made in 5 mins. To **make instant what bonda**, you need wheat flour, leftover dosa batter, onion, red chilly powder, baking soda and salt. You can make this Instant Wheat bonda for unexpected guests to home or give to kids as after school snacks. But I had it as side dish for rice. Yes..if you don't have any vegetables to make side dish for rice, make this bonda as side dish. It tastes good with hot sambar rice. Serve this instant wheat bonda with chutney of

your choice. Try this 5 mins instant wheat bonda recipe for evening snack and let me know how it turned out.

How to make 5 mins Instant Wheat Bonda Recipe

Preparation Time : 2 mins Cooking
Time : 5 – 10 mins Serves : 3

Ingredients for 5 mins Instant Wheat Bonda Recipe

- 15 Tbsp of Wheat Flour
- 3/4 Cup of Leftover Idly/dosa Batter
- 3 Medium Size Onion, Finely Chopped
- 2 Tsp of Red Chilly Powder
- Few Coriander Leaves
- Few Curry Leaves
- 1/2 Tsp of Baking Soda
- 1 Tsp of Salt or to taste
- Pinch of Asafoetida
- Water as required
- Oil to deep fry

Method – 5 mins Instant Wheat Bonda Recipe

1. In a bowl, add all the ingredients except oil and water. If your batter is thick, you can add little water to the flour. Mix everything to bonda batter consistency, but not watery.
2. Heat a pan with oil, when it is smoking hot, take the batter in your hand and drop little balls into the hot

oil, cook both sides of bonda until it changes to golden colour, remove them from the hot oil.

3. Hot, crispy, yummy wheat bonda is ready to serve with chutney of your choice like coconut chutney or tomato chutney.

Tips

- You can use green chillies in addition to red chilly powder.
- Add any vegetables of your choice to the batter.
- If you want, you can add some grated ginger to it.

Wheat Bonda



Tags : bonda, bonda recipe, Instant wheat bonda, 5 mins instant wheat bonda recipe, how to make instant wheat bonda recipe ,prepare wheat bonda recipe, wheat snacks recipe, kids after school snacks, snacks for guests, deep fried snacks.
evening snacks