

# CORNFLAKES MIXTURE IN MICROWAVE / CORNFLAKES SNACK INDIAN STYLE



Cornflakes mixture is a guilt free evening snack to munch with a cup of tea or coffee. My husband and I just love this mixture for evening snack, we also like Haldiram cornflakes mixture a lot. This is very easy to make crispy munchy snack. Also it is ideal for children lunch box snack. Any beginner or bachelor who wants to try some simple and easy recipe for diwali, can try this mixture. So try this easy and instant mixture for diwali and enjoy.

## Ingredients

1 Cup of Cornflakes  
1/2 Cup of Aval (Poha or Flattened Rice)  
1/4 Cup of Raw Peanuts  
2 Tbsp of Roasted Gram Dal  
1 Sprig of Curry Leaves  
1 Tsp of Red Chilly Powder or to taste  
Pinch of Sugar  
Pinch of Black Salt (Kala Namak)  
7 Roasted Almonds  
Salt to taste  
Pinch of Asafoetida  
2 Tsp of Oil

## Method

- In a microwave safe bowl, add the corn flakes to it and microwave it for 2 mins. Every 30 secs, take the bowl out and mix it. This is to avoid burning taste. Transfer this to a mixing bowl.
- In a pan, heat 1/2 tsp of oil, add aval, fry for a min and transfer it to cornflakes bowl. Again in the same pan, add some oil, and fry the roasted gram dal and peanuts for 2 mins, until they changes color. Transfer it to a bowl containing cornflakes.
- Heat oil in a pan, in a low flame, add the curry leaves, asafoetida, red chilly powder, salt and sugar, give a quick stir and turn off the flame. Transfer this to a bowl containing corn flakes and add black salt. Mix gently until all the ingredients are well coated with spices.
- Cool down and store it in an airtight container.
- Serve it as evening snack for coffee or tea.



## Cornflakes Mixture In Microwave

### Tips

- You can also fry the cornflakes in a pan with oil instead of doing it in microwave.
- You can take some cornflakes in a strainer and immerse it into heated oil and fry it, in that case you get a very nice taste. But this method is good for health.
- Add any nuts of your choice like cashews, raisin or walnuts.
- Adding black salt is optional. Just use table salt.
- Don't use flavored cornflakes to make this mixture.

### Health Benefits of Cornflakes

- Low sugar and less in calories.
- It is easy to digest, quite light, and has all essential

vitamins and minerals that your body is needed.

- Good diet plan to prevent heart disease and cholesterol.
- A good source of anti-oxidants as they contain carotenoid pigment which prevents the cardiovascular disease and cancer.



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**Mint      Coconut      Chutney |**

# Pudhina Thengai Chutney – Side Dish for Idly and Dosa



I really love the fresh aroma of mint. Research study has said that the aroma itself stimulates the salivary glands, there by increasing digestive enzymes and facilitates the digestion.

I bought 2 large bunches of mint leaves from near by Indian grocery store. Two days back I made [mint pulao](#)

for lunch, I already posted that recipe in my blog. For today breakfast, I made this pudhina coconut chutney for [idly](#). It just tastes yummy with [dosa](#) and [paniyaram](#) too. Do try this mint chutney with coconut and let me know how it turned out.

## Ingredients

1 Cup of Mint Leaves(loosely Packed)  
1/2 Cup of Grated Coconut, I used Dry dessicated  
Coconut

2 Tbsp of Roasted Bengal Gram (Pottukadalai)

3 Green Chilies

1/2 Inch Ginger

1 Big Garlic Clove or 2 Small Garlic Cloves

Pinch of Tamarind

3/4 Tsp of Salt or to taste

1/4 cup of Water

1/2 Tsp of Oil to saute Mint leaves

## To Temper

1 Tsp of Oil

3/4 Tsp of Mustard

1/2 Tsp of Urad Dal

1 Sprig of Curry Leaves

Pinch of Asafoetida (Hing)

## Method

- Wash the mint leaves and drain the water.
- Heat a pan with oil, add mint leaves, saute this for a 1-2 mins in a medium flame until it shrinks in volume.
- In a blender(mixie), add coconut, roasted bengal gram, green chilies, ginger, garlic, tamarind, salt, water and finally add mint leaves. Grind it to a smooth paste. Transfer this to a bowl.
- Heat a same pan with little oil, add mustard, urad dal,

curry leaves and asafoetida, after it splutters, transfer this tempering to ground chutney. Mix well with spoon.

- Yummy mint coconut chutney is ready to serve with [idly](#) or [dosa](#) or [paniyaram](#).



### Tips

- You can also add 1/2 cup of mint leaves and 1/2 cup of coriander leaves to make this chutney.
- Addition of ginger and garlic gives a nice flavor to

this chutney.

- Addition of tamarind gives a nice tangy taste.
- You can also add curry leaves while grinding instead of adding them to tempering.
- Adjust the no of green chillies according to your taste. Here I used thai green chilli, it was spicy so I added 3.

### **Health Benefits of Mint Leaves**

- Aroma of mint, activates the salivary glands, there by increasing digestive enzymes and facilitates the digestion.
- Soothing the digestive tract, if you are having any stomach ache.
- Cooling sensation to skin.
- Eliminates the toxins from the body.
- Helps in whitening teeth and combats bad breath.
- Good cleanser for the body.



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[Missi Roti | Savory Indian Bread | Roti Recipe](#)

# Missi Roti



[Pin it](#)

Missi Roti is a savory Indian bread made with a combination of whole wheat flour, besan flour and spice powders. This roti is very healthy, high in protein and quite filling too. It tastes so good with [Spinach dal](#) or [sarson ka saag](#) or [raita](#). I had it with [black eyed peas mushroom gravy](#). You can make this roti recipe for lunch or dinner. It is also perfect travel food.

## Ingredients

1 Cup of Whole Wheat Flour (Atta)  
1/4 Cup of Besan Flour (Kadalai Maavu)  
1 Tsp of Salt  
1/2 Tsp of Red Chilly Powder  
1/4 Tsp of Turmeric Powder  
1 Tsp of Coriander Powder  
1/2 Tsp of Garam Masala  
Pinch of Ajwain  
1/4 Cup of Finely Chopped Onion  
2 Green Chilies, Finely Chopped  
1 Tbsp of Finely Chopped Coriander Leaves  
2 Tsp of Oil  
Water as needed

## Method

- In a bowl, mix both the flours, turmeric powder, coriander powder, red chilly powder, ajwain, garam masala, chopped onion, green chilly, chopped coriander leaves, oil, salt and water, knead well to make a soft dough. Keep aside for 15-20 mins.
- Make a equally sized balls out of the dough. Roll out each ball into a circular shape with a rolling pin.
- Heat a pan, carefully place the rolled roti in the hot pan, cook the roti's in medium heat. When bubbles starts appearing, apply oil and flip it to the other side, cook till brown spots appear on both the sides of the roti.
- Remove it from pan and place it in serving dish. Repeat the same process with each ball of dough.
- Serve Immediately.

# Missi Roti Recipe



## Tips

- Serve with any dal or yogurt or any subzi.
- If your dough is dry, you can add some more oil or water.
- If you want more spicy, you can increase the quantity of red chilly powder.

## Health Benefits of Whole Wheat Flour

- Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
- Reduce the risk of cardiovascular disease.
- Reversing the weight gain process.

- Lowers the risk of diabetes.
- Excellent laxative properties.

# Missi Roti



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