EASY OATS CUTLET RECIPE / OATS ALOO TIKKI



Easy Oats cutlet recipe / oats aloo tikki is a healthy fantastic diabetic snack made with oats, potato and spice mix. Oats tikki is a perfect snack for weight watchers. You can use this oats cutlet for sandwich filling or burgers or you can have it with green chutney or tomato ketchup. Add any grated vegetables of your choice to enhance the nutrition. For oats recipe ideas – oats dosa, oats pongal, oats aval dosa, oats paniyaram, oats upma, steel cuts oats with fruits and nuts.

How to make Easy Oats Cutlet Recipe

EASY OATS CUTLET RECIPE / OATS ALOO TIKKI



Save Print
Prep time
10 mins
Cook time
20 mins
Total time
30 mins

Easy Oats cutlet recipe / oats aloo tikki is a healthy fantastic diabetic snack made with oats, potato and spice mix. Oats tikki is a perfect snack for weight watchers
Author: Gayathri Ramanan
Recipe type: snacks
Cuisine: Indian
Serves: 5
Ingredients

- ½ Cup of Quick Cooking Oats
- 1 Big Potato, Boiled and mashed
- 1 Tsp of Ginger Garlic Paste
- 2 Tsp of Coriander Powder
- 1 Tsp of Red Chilly Powder

- ½ Tsp of Turmeric Powder
- ½ Tsp of Cumin Powder
- ½ Tsp of Garam Masala Powder
- Pinch of Chat Masala
- Pinch of Asafoetida
- 1 Tsp of Lemon Juice or to taste
- Salt as needed
- 2 Tbsp of Bread Crumbs
- 2 Tbsp of Milk
- 2 -3Tbsp of Oil to shallow fry

Instructions

1. Dry roast the oats, cool it and grind it to a smooth powder.
2. Take a bowl, add mashed potato, oats powder, ginger garlic paste, coriander powder, red chilly powder, turmeric powder, garam masala powder, chat masala, asafoetida,salt and lemon juice. Combine well with hand. Divide into equally sized balls and shape them into desired shapes like round or square or heart shaped cutlet.
3. Dip this cutlet in milk, roll it in bread crumbs.
4. Heat tawa (pan) on medium heat.
5. Place the cutlet in the pan, drizzle some oil and cook the lower side until golden brown. Flip it to other side, add little more oil and cook till it turns golden brown.
6. You can also deep fry the cutlet.
7. Repeat the same procedure for the rest of the cutlet.
8. Serve hot with ketchup or use it as sandwich filling.

Notes
If you don’t like potato, you can add cooked moong dal.
You can also add vegetables like grated carrot, peas and mushroom or nuts like cashews to the cutlet.
You can make them in various shapes.
Adding bread crumbs makes the cutlet crisp.



Tags: easy oats cutlet recipe, oats cutlet, oats tikki recipe, oats recipes, how to make oats cutlet recipe, prepare oats tikki, healthy snack recipe, diabetic snack, Indian oats recipe.

Godhuma Rava Pongal Recipe / Cracked Wheat Pongal



Godhuma Rava Pongal Recipe / Cracked Wheat Pongal / Broken Wheat pongal is a healthy breakfast dish for kids and adults. This wheat rava pongal is prepared with cracked wheat, moong dal spiced up with ginger, green chilly, pepper and cumin. This dish is very good for diabetes patients. You can have this samba rava pongal for breakfast or lunch or dinner, they are very filling and satisfying. I am not a upma lover and I particularly hate godhuma rava (cracked wheat) upma when I was a kid. As cracked wheat are good for health so my mom makes cracked wheat payasam or pongal made with broken wheat once in a while. I enjoy to eat it as pongal because it tastes really yummy when compare to regular venpongal (ghee pongal). Serve this pongal with sambar or coconut chutney. Also check my other pongal recipes – oats pongal, venpongal, sweet pongal, rava pongal, samai (little millet) pongal, kalkandu pongal (rock candy pongal)

How to make Godhuma Rava Pongal Recipe

Godhuma Rava Pongal Recipe / Cracked Wheat Pongal



Save Print
Prep time
5 mins
Cook time
30 mins
Total time
35 mins

Godhuma Rava Pongal Recipe / Cracked Wheat Pongal is a healthy breakfast dish good for diabetes people. It goes well with sambar and chutney.
Author: Gayathri Ramanan
Recipe type: Breakfast
Cuisine: Indian
Serves: 2
Ingredients

- ¾ Cup of Cracked wheat / Broken wheat / Godhuma rava
- ¼ Cup of Yellow Moong dal
- 2 Tbsp of Ginger (Crushed)
- 1 Tsp of Black Pepper
- 1 Green Chilly
- 1.5 Tsp of Cumin
- Pinch of Asafoetida

- 2-3 Tsp of Ghee
- 2 Tsp of Oil
- Salt to taste

Instructions

1. Soak moong dal in water for 15 mins. Drain the water and wash it twice.
2. In a pressure cooker, add dal, roast it without oil, add 1.5 cups of water and cook it for 3 whistles.
3. Heat water in a pan. On the other side, heat another pan with oil and ghee, when it is hot, add ginger, green chilly, asafoetida, pepper and cumin, after it pops up.
4. Add cracked wheat, fry it for few secs.
5. Now add boiled water, stir well like we do for upma.
6. After all water got absorbed, add cooked moong dal, salt and mix everything well. Cook it for 2 mins, finally add a tsp of ghee and cashews. Mix well and remove from heat.
7. Godhuma rava pongal is ready to serve with sambar or coconut chutney.

Notes
Add any vegetables of your choice to make it healthy.
If you love you can add turmeric powder to this pongal.
Adding ghee gives a nice taste.



Tags: cracked wheat pongal recipe, godhuma rava pongal, godhuma rava pongal recipe, broken wheat pongal wheat rava pongal, samba godhumai pongal, pongal recipe for breakfast, south indian breakfast recipe, easy breakfast recipe, diabetic pongal recipe.

Easy Mango Coconut Muffins Recipe / Eggless Cupcakes



Easy mango coconut muffins recipe is a simple to make, yummy cupcakes made with mango and coconut. Adding mango gives moisture, flavor and sweetness, the light crunchiness from coconut works great together. They are perfect breakfast muffin with no eggs and butter, it takes only 30 minutes to get yummy muffins. For breakfast or snack, nothing can beat mango muffins. Try this mango coconut muffin recipe and let me know your feedback. Also check my other cupcake recipes in my blog – eggless blueberry muffins, oat bran muffins, eggless cranberry orange muffins, eggless vanilla cupcakes, eggless

chocolate muffins.

Easy mango coconut muffins recipe

Easy Mango Coconut Muffins Recipe



Save Print
Prep time
10 mins
Cook time
30 mins
Total time
40 mins

Easy Mango Coconut Muffins Recipe is a delicious and flavorful cupcake made with mangoes and coconut. You can have it for breakfast or as evening tea time snack.
Author: Gayathri Ramanan
Recipe type: eggless baking
Cuisine: American
Serves: 8
Ingredients

- ½ Cup of Whole Wheat Flour
- ½ Cup of All Purpose Flour (maida)
- ½ Tbsp of Baking Powder

- ½ Tbsp of Flax Seed Powder
- ½ Cup of Sugar (brown or white)
- ½ Cup of Shredded Coconut
- 5 Cardamom, Crushed
- 1 Small Mango
- 3 Tbsp of Oil, I used canola
- ⅓ cup + 2 Tbsp of Milk
- Pinch of salt

Instructions

1. Preheat the oven to 375 F.
2. Wash and chop the mango, grind this in a mixie to a puree.
3. In a mixing bowl, add all the ingredients, mix well thoroughly.
4. Meanwhile place the muffin liners in the muffin pan and pour the batter to the muffin liners in the muffin pan and keep it ready.
5. Bake in preheated oven at 375 degree F for 27-30 mins. Check it by inserting fork or tooth prick in the center of the muffin, if it comes out clean, then your muffin is ready.
6. Allow the muffin to cool down for 10mins, then carefully take it out from the pan and enjoy your coconut mango muffin for breakfast.

Notes
Don’t keep the batter to sit for long time after mixing, as baking powder reacts faster and makes your muffin harder.
If you don’t have muffin liner, just grease the pan with some oil.
You can add nuts to the batter.



Tags: Easy mango coconut muffins recipe, mango coconut muffins recipe, mango muffins recipe, coconut muffins recipe, how to make mango coconut muffins recipe, kids muffins recipe, cupcake recipes.