

# 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.



---

[Rava Ladoo](#) | [Rava Laddu](#)

# Recipe



[Pinit](#)

Rava laddoo / Rava Laddu Recipe is a delicious Indian sweet made using semolina, sugar, coconut and ghee. Every year my mom used to make this rava laddoo for diwali. She makes the perfect rava laddu recipe using chiroti rava, it just melts in the mouth. Since I don't get that rava in my place, I made with normal rava which we use for upma. With just household ingredients, you can make this rava laddoo in a very less time. Do try this rava laddu recipe (Semolina Balls) to your family for diwali and enjoy :-):-)

**Makes** : 7 Ladoos

## Ingredients for rava laddoo

- 3/4 Cup of Rava / Sooji / Semolina
- 1/2 Cup of White Sugar
- 1/4 Cup of Coconut (Fresh/Dry)
- 1/2 Cup of Milk or 1/4 cup of milk and 1/4 cup of water
- 2 Whole Cardamom
- Few Roasted Cashews and Almonds
- 3 Tbsp of Ghee (Clarified Butter)



## Method for rava laddu recipe

- Heat a pan with ghee, add rava, roast it in a low flame until nice aroma comes and color changes. Keep stirring continuously, do not burn it while roasting. Let it cool down and grind it in a mixie(blender) to a fine powder. Also grind the sugar along with cardamom(elaichi).



- Transfer both the powdered sugar and roasted rava to a large bowl. Heat a pan, slightly roast the coconut for a min and transfer this to a bowl. Heat ghee in a pan and pour it to the bowl. Add some roasted cashews and almonds.



- Heat milk in a pan in a medium flame, sprinkle the milk and mix it. Make small size balls out of the mixture. If you find your mixture is dry, sprinkle some more warm milk and make rava balls.
- After it cool down, store it in an airtight container.



## Tips

- Always roast the rava in medium flame, otherwise it

would burn and become tasteless.

- Adding milk reduces shelf life so if you want to keep it for long time, add more ghee and avoid milk and coconut.
- Always store it in an airtight container.
- Instead of milk, you can use mix of water and milk.
- Adjust the amount of sugar according to your taste.
- You can add saffron, that will give you colorful ladoo.



Technorati Tags: [Rava ladoo](#), [rava laddu](#), [diwali sweets](#), [Indian Sweet recipes](#), [rava urundai](#), [sooji ladoo](#), [rava kesari](#), [rava kesari recipe](#), [how to make rava kesari](#), [rava kesari with milk](#), [easy rava kesari](#), [easy rava kesari recipe](#), [rava kesari](#)

[quick and easy way,prepare rava kesari,how to make rava kesari sweet,how to make rava kesari sweet in tamil,how to make rava kesari bath,gokulashtami recipes,krishna jayanthi recipes](#)

---

## [AVAL VADAI | POHA VADA RECIPE](#)



[Pinit](#)

I usually start most of my days either with poha or oats upma or cereals. When I was talking to my friend, the other day, she gave me this aval vadai recipe, since this aval vadai does not need any grinding and soaking part, immediately I want to give it a try, for my evening snack. Me and my husband really liked it, because it tasted almost like [medu vada](#) with crispy texture on outside and soft on inside. You can make this poha

vada recipe either as a snack or for navarathri celebrations or diwali or krishna jayanthi. Also make this quick easy aval vada for unannounced guests. I bet kids will love this vadai for sure. Serve this easy aval vadai either with coconut chutney or tomato ketchup and [hot tea](#).

## Ingredients for aval vadai

### Yield : 9 Vadai

- 1 Cup of Thick Variety of Aval / Poha / Flattened Rice Flakes
- 1 Cup of Water
- 1 Medium Size Onion, Finely Chopped
- 2 Green Chilies, Finely Chopped
- 3 Tbsp of Thick Curd (Yogurt)
- 2 Tbsp of Rice Flour
- 2 Tsp of Besan Flour / Kadalai Maavu
- 1 Inch of Ginger, grated
- 1 Tsp of Whole Black Pepper
- Pinch of Asafoetida
- 1 Sprig of Curry Leaves
- 2 Tbsp of Cilantro (Coriander Leaves), Finely Chopped
- 1 Tsp of Salt or to taste
- Oil for deep frying

## Method

- Soak the aval(poha/rice flakes) in water for 5 mins. Drain as much as water from aval, mash well with hand or with back of the spoon.



- To the mashed rice flakes, add chopped onion, green chilly, ginger, black pepper, asafoetida, curry leaves, chopped coriander leaves, salt, rice flour, besan flour and finally add thick curd, give a quick stir. Knead well with hand to form a thick batter. Make a balls out of the batter.



- Heat oil in a shallow pan. Take a zip lock bag or Milk cover or banana leaf or polythene sheet and have 1 cup of water in bowl on side.



- Just wet your right hand in water, place the batter ball in the center of zip lock bag greased with water. Make a hole in the middle of the batter and carefully transfer it to the hot oil. Deep fry them on medium heat, until it turns golden brown on both sides. Continue the same process for each vadai.
- Serve hot with coconut chutney or peanut chutney or tomato ketchup and **tea**.



Flattened Rice Vada

## Tips

- You can use thick or thin variety of aval / poha.
- To make this vadai, use white or red rice flakes.
- If you feel your batter is watery, add little more rice flour.
- Adjust the spiciness according to your taste.
- If you don't have besan flour, just use rice flour.
- Addition of rice flour gives crispy taste to vadai.
- You can also add 1/2 tsp of cumin or fennel seeds, for easy digestion. Instead I added asafoetida for digestion.



Tags : [aval vadai](#), [poha vadai](#), [how to make easy aval vadai](#), [prepare aval vadai](#), [krishna jayanthi recipe](#), [diwali vadai recipe](#), [vada for guest](#), [south indian vadai recipe](#), aval vadai recipe