

Milagu Aval Recipe | Pepper Poha



Aval / Flattened Rice is a dehusked rice which is flattened into flat light dry flakes. They are easily digestible. Milagu aval recipe / pepper poha recipe is one of our favourite breakfast dish and I often make this for busy weekday breakfast. This milagu aval recipe is very easy which you can prepare in 10 mins with minimum ingredients and it tasted almost like ven pongal and very flavourful because of addition of pepper and cumin powder. You can also make this pepper

poha for kids for after school snack as it is very nutritious and healthy. Try this no onion no garlic upma and enjoy it with a cup of coffee. Let us learn how to make milagu aval recipe.

Ingredients for milagu aval recipe

- 1.5 Cup of Aval / Poha / Rice Flakes
- 1/2 Tsp of Grated Ginger
- 3/4 Tsp of Black Pepper Powder
- 3/4 Tsp of Cumin Powder
- Salt to taste

To Temper

- 1.5 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 1 Tsp of Chana Dal
- Pinch of Hing
- 1 Sprig of Curry Leaves
- Roasted Peanuts and Cashew Nuts as Needed

Method to make milaku aval recipe

- Soak the aval in water for 2 mins. Drain the water and keep it aside.
- Heat a pan with oil, add mustard seeds, urad dal, chana dal, hing and curry leaves, after it splutters, add ginger, peanuts and cashew nuts, fry for a min. In a medium low flame, add aval (poha), fry for a min, add pepper powder, cumin powder and salt, fry this for a 1-2 mins and turn off the flame.

Tips

- You can make it more spicy by adding red chilies and

green chilies.

- Use thick poha instead of thin poha.
- Skip the nuts, if you don't want.
- You can also use red rice flakes in place of white rice flakes.



Tags : [aval](#), [avalrecipe](#), [milaguaval](#), [milagu aval recipe](#), [poha recipe](#), [pepper poha](#), [how to make milagu aval](#), [easy breakfast Indian](#), [Indian breakfast aval](#), [flattened rice flavored with pepper](#)

Puran Poli | Paruppu Poli Recipe



Puran Poli Recipe

Puran poli / paruppu poli recipe / Kadalai Paruppu Poli / obbatu is a traditional sweet (dessert) prepared during auspicious occasions and important festivals like diwali, vinayagar chaturthi, ugadi and holi. This is a first time I prepared paruppu poli recipe in my life and I made this puran

poli for diwali celebration conducted in nearby library in US. Everyone tasted my puran poli and said it was awesome and tasty.

Coming to the recipe, the stuffing is called puran and the outer cover is called poli. The filling is prepared with chickpea lentils, toor dal, jaggery and coconut. The outer cover is prepared with maida, oil, turmeric powder, salt and water. Here comes the puran poli recipe with step by step pics....Try this paruppu poli recipe and enjoy :-):-)



For Outer Dough

Ingredients for puran poli recipe

- 1 and 1/4 Cup of All Purpose Flour(Flour)
- 1/2 Tsp of Turmeric Powder
- 6 Tbsp of Cooking Oil
- Salt to taste
- Water as needed

Method for puran poli

- Take a mixing bowl, add flour, turmeric powder, salt and oil, mix well with hand. Add water little by little, mix it and knead it to a soft and smooth dough. Pour some oil over the dough until the dough is completely soaked in oil. Cover the bowl with a plastic wrap and let the dough rest it for 4 hrs.



For Inner Dough

Ingredients for paruppu poli recipe

- 1/2 Cup of Toor Dal
- 1/2 Cup of Bengal Gram (Chana Dal)
- Pinch of Turmeric Powder
- 1 and 1/2 Cup of Jaggery
- 3 Tbsp of Grated Fresh Coconut
- 3 Whole Cardamom
- Pinch of Salt
- 1 Tbsp of Ghee (Clarified Butter)

Other Ingredient (To make Poli)

3 Tbsp of Oil or Ghee

Method

- Soak both the dal in water for 30 mins, wash it in a tap water and drain it. Keep it aside.
- In a pressure cooker add both the dal, turmeric powder and enough water about (2.5 cups) close the lid and pressure cook for 2 whistles. Open the lid, drain the water using colander. In a mixie(blender), add both the dal, grind it for few mins, add jaggery, cardamom and grind it to a smooth mixture. [Note : If your mixture has extra moisture like mine, just fry it in a pan until it becomes thick.]



- Heat a pan with ghee, add grated coconut, fry it for a min, keep it aside. To the same pan, add the ground dal mixture, keep stirring in a medium flame, until the moisture goes off and mixture thickens. Add the roasted coconut, fry well for few minutes. Once it done, turn off the flame.
- Filling is ready. Let it cool down completely.



To Make Puran Poli

- Make lemon sized balls out of the outer dough (maida)
- Make small sized balls out of the inner dough (Dal-jaggery mixture)
- Take a ziplock bag or flat wooden base, grease it well with oil, place the maida ball, slowly apply pressure with your fingers over the dough or roll it with a rolling pin and make it like a small chapathi (patty). Now place the inner dough ball (pooranam) in the middle of the patty, slowly bring all the outer edges together in the center and seal it, to prevent the leakage of pooranam. Now again slowly apply pressure with your fingers or roll it with rolling pin and make it like a circular thick patty. Repeat the same procedure for the rest of the dough.
- Heat a tawa (griddle), in a medium heat, apply some oil or ghee, carefully place the poli, You will see tiny bubbles rises on the surface of poli. Now it's time to flip the poli with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread it. Cook until you get brown spots on both sides.



- Yummy hot puran poli is ready to serve. Serve with a dollop of butter or ghee.

Tips

- It stays good for 2-3 days.
- You can use chiroti rawa in place of maida or you can use whole wheat flour or mix of maida and chiroti rava

to make outer dough of poli.

- You can use toor dal or chana dal or mix of both the dal to make this poli.
- Do not comprise with the amount of oil and ghee. Otherwise it won't taste good.
- You can cook the dal either in pressure cooker or in a heavy bottomed pan.
- You can make poli either thick as mine or thin as chapathi.



Health Benefits of Lentil, Jaggery and Spices

- Jaggery acts as a digestive agent, used to cleanse the

body and provide a good amount of minerals.

- Cardamom improves digestion and prevents cancer.
- Lentils are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol.
- Toor dal is useful in the treatment of internal organ swelling.
- Toor dal contains folic acid, good for women's health.

Tags : [poli recipe](#), [poli](#), [puran poli recipe](#), [paruppu poli](#), [kadalai paruppu poli](#), [how to make poli](#), [obbattu recipe](#), [paruppu poli recipe](#), [indian festival sweets](#), [festival recipe](#), [diwali sweets](#), [indian sweets](#)

[Vegan Eggless Chocolate Cake Recipe With Chocolate Peanut Butter Frosting](#)



Are you guys in the mood to bake some tasty, yet healthy chocolate cake... I made this cake for my husband's birthday, already I have posted [single serving eggless chocolate cake recipe](#). This is again No Butter No Egg Vegan Cake Recipe and it turned out really good without using a tons of butter and other unhealthy fats , this cake was really moist inside and the taste was rich and complex..Here I have frosted the cake with chocolate peanut butter frosting. This cake is good for any occasion.

" How to Make Moist and Soft Eggless Cake Recipe Using No Butter"



Recipe Source : The Peaceful Palate Cookbook

Ingredients:

Chocolate Cake

- 1.5 All Purpose Flour
- 1 Cup of White Sugar
- 1/2 Tsp of Salt
- 1 Tsp of Baking Soda
- 1/4 Cup Unsweetened Cocoa Powder
- 1 and 1/2 Tsp of Vanilla Extract
- 1/3 Cup of Canola Oil or any Vegetable oil
- 1 Tbsp of Apple Cider Vinegar or White Distilled Vinegar

1 Cup of Water

Chocolate Peanut Butter Frosting

1/4 Cup of Natural Peanut Butter

1/8 Cup of Unsweetened Cocoa Powder

1/4 Cup or more of Non Dairy Milk (Soy Milk or Almond Milk)

1 Cup of Powdered Sugar

Pinch of Salt

1/2 Tsp of Vanilla Extract

To Garnish

Hersheys Chocolate Shavings

3 Cherries

8 Roasted Almonds



Method

- Preheat the oven to 350 degree F (180 degree C).

For The Cake

- Lightly grease the 9 Inch baking pan with oil.
- In a mixing bowl, add the flour, sugar, salt, baking soda and cocoa powder, mix well with a fork until thoroughly combined.
- Create a well in the center of the dry ingredients and add the vanilla extract, oil, vinegar and water. mix until just combined.
- Pour this into the greased baking pan and bake it in the

preheated oven for 30 mins, until a tooth prick inserted into center comes out clean.

- Cool on a wire rack. To remove the cake from the pan, run a sharp knife around the inside of the pan to loosen the cake. Cool completely before frosting.

For the Frosting

- In a bowl, combine together the peanut butter and cocoa. Add the milk and whisk it. Add the powdered sugar, salt and vanilla, mix well. Add a little more milk at a time to get spreading consistency.

Storing

- Store the cake in an airtight container for 2-3 days outside or in the refrigerator.

Tips

- The recipe calls for 3/4 cup of sugar, but I felt it needs little more sugar. So I gave 1 cup of sugar in the ingredient list.
- You can also bake it muffin pan or bundt cake pan.
- If you don't want vegan version, add 1/2 cup of water and 1/2 cup of milk.
- You can frost the cake, with any frosting of your choice like butter cream frosting or cashew cream or cream cheese frosting.



Tags : [chocolatecake recipe](#), [cake recipe](#), [vegan chocolate cake recipe](#), [eggless chocolate cake](#), [eggless cake](#), [how to make eggless cake without butter](#), [no egg no butter cake recipe](#), [no egg cake recipe](#), [no butter cake recipe](#), [soft and moist chocolate cake recipe](#)