

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.



Mushroom 65 (Dry Recipe) /

Mushroom Snack Recipe



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Mushroom 65 is a spicy Indo-Chinese appetizer. Here the mushroom are first marinated in a batter, then deep fried and finally garnished with spring (green) onion and sriracha sauce. It has a distinct flavor because of addition of soy sauce, chilly and garlic. Also this is a great evening snack for kids and adults.

Ingredients

2 Very Big White Mushroom, Sliced (10 Slices)

4 Tbsp of Corn Flour
3 Tbsp of Red Onion, Finely Chopped
1 Garlic Clove, Finely Chopped
2 Green Chilies
1/2 Tsp of Black Pepper Powder
2 Tsp of Soy Sauce
Pinch of Ajinamoto
Water as needed
Oil for Deep Frying

To Garnish

1 Spring Onion (Green Onion)
Sriracha Sauce / Tomato Chili Sauce to taste.

Method

- In a bowl, mix all the ingredients with little water. The batter consistency should be little thick but not watery. Keep this aside for 5 mins to marinate.
- Meanwhile, heat oil in a shallow pan for deep frying. When it is hot, deep fry the every piece of marinated mushroom until it changes color. Once done, drain the excess of oil and take it out from the pan.
- Finally garnish with chopped spring (green) onion and sriracha sauce.
- Enjoy with tea.

Tips

- You can omit the ajinamoto, if you don't want.
- Red Chilly powder can also be added in place of green chilly.
- As soy sauce is salty in taste, you don't want to add table salt.

Health Benefits of Mushroom

- Low in calories
- High in protein and fiber.
- Good source of iron, niacin, vitamin B, C and D and anti-oxidants.
- Significant anti-bacterial activity.
- Good for immune function and cardiovascular benefits.



ASIAN INSPIRED SHREDDED CHAPATHI | LEFTOVER CHAPATHI NOODLES



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Are you in the mood for some Asian food and all you have is some leftover chapathi or even leftover wheat/flour tortilla, here is a simple recipe with an Asian twist . As chapathis are made of whole wheat flour and with the addition

of colorful vegetables, you can make this healthy chapathi noodles for kids as snack after they come back from school.

Ingredients

3 Chapathi, I used Leftover Roomali Roti
1/2 of Large White/ Red Onion, Sliced
1 Carrot, Thin Strips
1/4 Cup of Sliced Cabbage
1 Tbsp of Green Bell Pepper(Capsicum), Finely Chopped
3 Mushroom, Sliced
1/2 Tsp of Sugar
2 Green Chillies
1 Tsp of Soy Sauce
2 Tsp of Tomato Chilli Ketchup
4 Sliced Jalepeno Pepper or 1/2 Tsp of vinegar or
Lemon Juice
1/4 Tsp of Black pepper Powder
Salt to Taste
1 Spring (Green) Onion to garnish

Method



- Stack the chapathis, one above the other and cut into four quarters, cut along lengthwise into thin strips.

- Heat oil in a pan, add sliced onion and green chilies, fry them until it turns golden brown. Add carrot, mushroom, capsicum, cabbage and salt, fry them for 2 mins.
- Then add soy sauce, sugar, tomato chilli ketchup, black pepper and jalepeno pepper. Mix well and fry them for a min.
- Finally add lengthwise cut chapathi's and toss well to mix in high flame and garnish with spring(green) onion and serve hot immediately.



Tips

- You can add any vegetables of your choice.
- If you don't get jalapeno peppers, instead you can add vinegar or lemon juice for tangy taste.
- You can also follow the same recipe with parotta or tortilla

- You can add tomato ketchup instead of tomato chilli ketchup.
- Teriyaki sauce can also be added for a nice taste.
- Add a tbsp of peanut butter or toasted sesame seeds/sesame oil can also be added for more authentic Asian flavor.
- Make the vegetables crunchy it should not be too soft.

Health Benefits of Chapathi(Whole Wheat) & Vegetables

- Rich in fiber and protein.
- Reduce the risk of cardiovascular diseases and diabetes.
- Good for weight loss.
- Vegetables are home for antioxidants.
- Vegetables are packed with soluble and insoluble fibers.



1. f cardiovascular disease.

2. Reversing the weight gain process.
3. Lowers the risk of diabetes.
4. Excellent laxative properties.

Read more at
<http://foody-buddy.blogspot.com/2013/08/whole-wheat-sandwich-bread-how-to-make.html#UXyUDai3sGlX7WjC.99>

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