

WHEAT FLOUR IDIYAPPAM | GODHUMAI IDIYAPPAM | HEALTHY BREAKFAST DISH



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Idiyappam is also called Sevai in tamil and string hoppers in English. It is a popular food in Kerala and Tamilnadu, India. Usually everyone makes idiyappam with rice flour, but this idiyappam is made with wheat flour. I have already posted the recipe for Plain / [rice idiyappam](#).. This wheat flour idiyappam is a healthy, delicious and a steamed food, which is very good for our health. My amma makes it often for weekend breakfast. It is favorite food for all ages and even it can be eaten by sick people. This wheat idiyappam must be good and healthy food for diabetic people. You can eat this idiyappam in sweet version or savory version for breakfast or dinner. I already posted the savory version, [lemon idiyappam](#). If you

want sweeter version, try it with sweetened coconut milk... Try this wheat(godhumai)sevai / Wheat String hoppers for breakfast and stay healthy..

Ingredients

- 1 Cup of Wheat Flour
- 1 Cup of Water
- 1/2 Tsp of Salt
- 1 Tsp of Oil / Ghee
- 1/2 Cup of Coconut Grating

Yield : 12 Idiyappam

Method

- Heat a pan, fry the whole wheat flour in a medium flame for 5-7 mins until you find the flour turning dark brown at the bottom of pan. Turn off the flame.
- Transfer the flour to the mixing bowl.



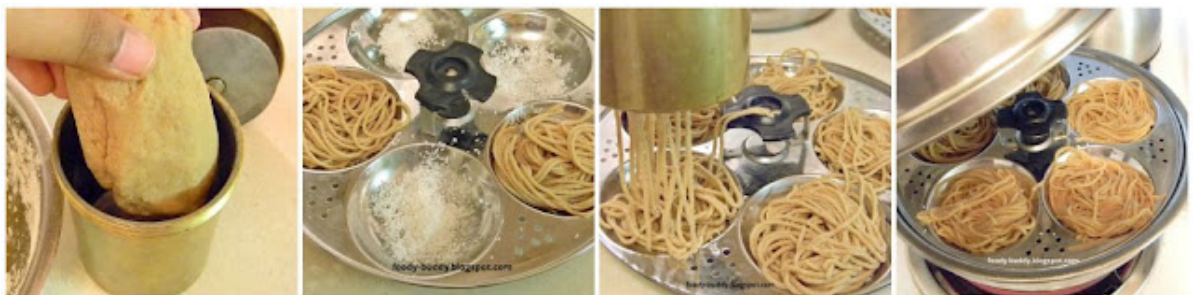
- Heat a pan with water, oil/ghee and salt, let it boil for few mins, it should not be too hot.. Turn off the flame. Pour the water to the bowl containing wheat

flour. Mix well with a fork/spoon. Let it cool down.

- Knead the flour as you do for chapathi dough. If you feel your dough is dry, you can add 2 Tbsp of Water and knead it again.



- Now it's time to take idiyappam press, grease well with oil on inside. Take dough in cylindrical form and place it in idiyappam press.
- Hand press the dough into swirls onto the greased idly plates with coconut gratings. Steam this in idly cooker for 10 mins.



- Carefully invert the plate to a casserole.
- Repeat the process for the rest of the dough.
- Serve hot with sweetened coconut milk or [vegetable korma](#) or [curry](#).
 - you can eat idiyappam in sweet version or savory version.

1. In Sweet version – Eat idiyappam with coconut milk, sugar and cardamom. Or eat it with ghee, sugar and idiyappam.

- Savory version- you can make lemon idiyappam or idiyappam biryani.



Tips

- Always grease idly plates and inner part of the idiyappam press with oil.
- Don't steam the idiyappam for a long time, as it makes idiyappam rubbery.
- Here I used Aashirvaad atta to make this idiyappam.

Health Benefits of Whole Wheat

- 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.
- It has powerful antioxidant, which is vitamin E, good for skins.



SINGLE SERVING EGGLESS CHOCOLATE CAKE | MICROWAVE NO BUTTER CHOCOLATE CAKE



Woohooo...It has been "1 year" since I started [foody-buddy](#) and it has been an amazing experience ...

I sincerely thank all my fellow bloggers, enthusiasts , friends, foodies, casual visitors, family members and critiques as I progress in this virtual world of blogging ...This certainly has enriched my life, added color and has certainly given me something useful to share back with the community . Besides sharing my recipes , I have also learnt a lot in cooking techniques and has enriched my knowledge in food photography and presentation skills ...Finally it is

certainly a feeling of joy and comfort to learn that the recipes you share is appreciated by folks from the far corners of the world and I do want to thank my husband and my family for their constant support and appreciation ...

To enjoy this beautiful day I have posted a fast and simple dessert , which is so tasty and delicious. I thought of making big chocolate cake, but I 'm not feeling good. So I did some google search for single serving eggless cake. Finally I got a recipe from [here](#). I love this site and her recipes, also I bookmarked some of her recipes. Try this amazing 1 min chocolate cake, it is so soft and a melting cake with no butter and no eggs added. If you are chocolate lover like me, then I bet you fall in love with the taste and soft texture of the cake.

Single Serving Chocolate Cake

Happy Birthday
to
"Foody-Buddy"

foody-buddy.blogspot.com





Recipe Source : you can find the original recipe [here](#).

Ingredients

3 Tbsp of All Purpose Flour / Maida
1 Tbsp and 2 Tsp of Cocoa Powder / Hot Cocoa Mix
1 Tbsp and 2 Tsp of Sugar
1/8 Tsp of Salt
1/2 Tsp of Baking Powder
1/2 Tsp of Vanilla Extract

3 Tbsp of Milk
3 Tsp of Coconut Oil
Instant Chocolate Pudding for Frosting

To Garnish

Chopped Almonds
Cherry



Method

- In a mixing bowl, combine all the dry ingredients, stir well. Then add vanilla extract, milk and oil, mix well with a fork without any lumps. Transfer this mixture to

a microwave (safe bowl or mug), here I used ramekin. Before pouring the mixture to a bowl, grease it well with oil.



- Microwave for 40 secs. Single serving microwave chocolate cake is ready. Let it cool down for 5-10 mins.
- Invert it to a plate, for frosting, use chocolate pudding to the outer layer of the cake and sprinkle some chopped almonds to the top. Finally garnish with cherry.



Tips

- If you don't have cocoa powder, then use hot cocoa mix. I tried with hot cocoa mix and it tastes good.
- Keep an eye on microwave after 30 secs, if it exceeds 40 secs, there are chances for overflowing.
- You can also eat cake as such without frosting.
- You can also frost the cake with cream cheese or peanut butter or almond butter. Or else enjoy with vanilla ice cream.
- Use vegetable oil in place of coconut oil
- Add any nuts of your choice for toppings.



Idly Chaat | Chaat With Leftover Idly | Indian Tea Time Snack



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Idly is a soft rice cake and a popular south Indian comforting breakfast dish. Chaat means savory snack. If you get bored of doing idly upma and podi idly with leftovers, then you should give a try with idly chaat. This idly chaat recipe is made with leftover idly. Seriously, they are so tasty, golden crispy on outside and soft bite on inside. I bet your kids will love this chat for sure. If you have leftover idly sitting on your fridge, then try this crispy idly

chat..yum..yum.. and enjoy with hot cup of [tea](#)..



Ingredients

- 2 Big Idly
- 2 Tbsp of Red Onion, Finely Chopped
- 2 Tbsp of Tomato, Finely Chopped
- 1 Tbsp of Carrot, Finely Chopped
- 2 Tbsp of Omapodi (Sev)
- 1/2 Tsp of Lemon Juice
- 1/2 Tsp of Black Pepper or to taste
- Black Salt to taste
- Tomato Ketchup (optional), before serving
- 1 Tbsp of Oil
- 2 Tsp of Butter or Ghee

Method

- Dice the leftover idlies.
- Heat oil and ghee in a non stick pan, swirl the pan so that it coats all the surface of the pan. In a medium heat, place diced idlies to the pan, wait until it turns

golden brown. Flip the idly to the other side with spoon and wait till it turns golden brown on other side. Turn off the flame and transfer it to the serving bowl.

- Now sprinkle some chopped onion, tomato, carrot, black pepper and black salt. After that, add lemon juice and coriander leaves, gently give a quick stir. Add tomato ketchup before serving.
- Hot golden crispy idly chaat is ready to serve...Enjoy with hot cup of [tea](#) :-):-)



Tips

- Always use leftover idly instead of fresh idly because they turn soggy.
- You can deep fry the idly instead of shallow frying.
- If you have leftover idly in fridge, then leave it outside for 1hr and then do the chat.

- You can grate the carrots instead of cutting them.
- Add tomato ketchup at the end, because it makes idly soggy and you cannot feel the crispy texture of idly.
- You can add kara boondhi instead of sev (0ma podi).
- You can use red chilly powder for spicy taste.



sending recipe to [Priyavirundhu](#) and [gayathricookspot](#)