

Matta Rice Flakes Upma / Sivappu Arisi Aval Upma



Matta rice is an indigenous rice grown in palakad district of Kerala. Matta rice flakes are typically used in Kerala cuisine. Healthy alternative to white rice flakes, having a high nutritional contents. This is a healthy breakfast recipe for kids and adults.

Ingredients

- 1 Cup of Matta Rice Flakes**
- 1/2 Cup of Finely Chopped Onion**
- 2 Tbsp of Grated Coconut**
- Few Curry Leaves**
- 2 Red Chillies or Green Chillies**
- 2 Tbsp of Roasted Peanuts**
- Pinch of Asafoetida**

1 Tsp of Mustard
1 Tsp of Urad Dal
Oil and salt as needed

Method



- Soak matta rice flakes in water for 3 mins.
- Heat a pan with oil, add red chillies, let it turn brown. To oil, add mustard, urad dal, asafoetida, curry leaves, onions (add one by one) fry for a 1-2 mins.
- Add roasted peanuts and fry for a min.
- In a medium flame, add soaked matta rice flakes, salt and fry for 1-2 mins.
- Finally add grated coconut, mix well and switch off the stove.
- Serve immediately with onion raita.

Tips

- Don't over soak the rice flakes, it will turn soggy while cooking.
- Adding peanuts are optional.
- You can follow the same recipe with white rice flakes.
- Soaking time for white flakes is 2 mins.
- You can add any vegetables of your choice.

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Health Benefits of Matta Rice Flakes

- Matta rice flakes are very good for the people with heart disease, diabetes and weight loss.
- Low in cholesterol, high in fiber, vitamins and minerals.

Elbow Pasta with Broccoli,

Roma Tomatoes and Green Olives



Elbows in Italian is named for its twisted tubular shape. Elbows are perfect for the American macaroni and cheese and pasta salad. This is one of my favorite weekend breakfast recipe. It is very easy to make and healthy recipe even a beginner can do without cooking knowledge. Great recipe to pack for lunch box. I bet your kids will love this pasta.

Ingredients

1 and 1/4 Cup of Elbow Pasta

2 Finely Chopped Garlic
1 Finely Chopped Roma Tomato
1/2 Cup of Chopped Broccoli
1/2 Tsp of Red Chilli Flakes
1 and 1/2 Tbsp of Olive Oil
Few Green Olives
2 Tbsp of Parmesan Cheese(opt)
1 Tbsp of Sharp Cheddar Cheese
Dash of salt and pepper
3-4 Cups of Water

Method



Ingredients

- **Bring 3-4 Cups of water to a rolling boil, add salt to taste.**
- **Add elbow pasta to water and stir gently.**
- **To get authentic pasta taste, boil uncovered for 10- 12 mins and stir occasionally. once it done, just drain the water and keep it aside.**
- **In a large skillet, heat olive oil, add red chilli flakes, chopped garlic and saute until slightly yellow in color about 1-2 mins.**
- **Add chopped broccoli and tomato, cook for a 1-2 mins.**

Season with salt and pepper.

- **Add pasta to the skillet and add Parmesan cheese, toss well. Switch off the stove.**
- **Top with sharp cheddar cheese, green olives and serve immediately.**



Tips

- **Adding Parmesan cheese and green olives are optional. I used because I love Parmesan, green olives and pasta combination.**
- **You can follow the same recipe by using any pasta.**



Health Benefits of Elbow Pasta

- Try to use whole wheat or multi-grain pasta as it was rich in nutritional benefits like protein, vitamins, fiber and ALA omega-3.
- Adding green olives prevents heart diseases and cancer.

Grilled Guacamole Sandwich / Guacamole Recipe



Avocados are considered as one of the healthiest food in the planet because it consists of 25 essential nutrients. Guacamole is an avocado based sauce originated in Mexico. Grilled guacamole sandwich is one of my favourite sandwich. Every week I eat this sandwich without fail. Making guacamole sandwiches with avocado and cheese is yummy, healthy and creamy in taste. Good to eat with a cup of tea or coffee.

Ingredients

2 Whole Wheat Bread

4 Tbsp of Guacamole
1 Tbsp of Mayonnaise or Veganaise
1-2 Tbsp of Sharp Cheddar Cheese
1 Tbsp of Ghee or Butter

Method



Ingredients

- Apply ghee or butter on one side of each slice of bread.
- Apply mayonnaise, guacamole and cheese on each side of bread.
- Heat a skillet, place a butter side of bread onto skillet. Cover skillet with lid and grill until it changes its color and flip over, continue grilling until cheese is melted.
- Grilled guacamole sandwich is ready.

Tips

- Serve with hot cup of tea or coffee.
- You can see [Guacamole](#) recipe in my blog.
- Use any sort of bread or cheese of your choice.



Health Benefits of grilled guacamole sandwich

- Grilled guacamole sandwich consists of cheese placed between two slices of bread, then grilled in two tablespoons of butter. These are likely to increase your health benefits by adding guacamole, replacing white with whole grain bread and by using low-fat cheese and butter substitutes.
- Avocados are rich in folate and vitamin C.

Tags : [grilled guacamole sandwich](#), [guacamole sandwich](#), [avocado sandwich](#), [guacamole sandwich recipe](#), [breakfast sandwich recipe](#)