Red Aval Mixture Recipe / Guilt Free Diwali Snacks



Red Aval Mixture Recipe / Poha Chivda Recipe is a crispy and yummy snack, a nice alternative to deep fried snacks. They are very healthy as I used red aval (rice flakes) and pan fried all the ingredients. There are two varieties of rice flakes, one is thin variety and other one is thick variety. Here I used thin rice flakes to make this wonderful mixture. If you

don’t have snacks but if you want something to munch for evening snacks, you should try this guilt free snack (aval mixture), they are very easy to make in very less time and they are good for you. Even beginner and bachelor can make this simple mixture for diwali. Also check cornflakes mixture recipe in my blog.

How to make Red Aval Mixture Recipe / Poha Chivda Recipe

Red Aval Mixture Recipe / Guilt Free Diwali Snacks



Save Print
Prep time
5 mins
Cook time
15 mins
Total time
20 mins

Red Aval Mixture Recipe / Poha Chivda Recipe / Guilt Free Diwali Snacks is a crispy healthy snack, an alternative to deep fried snacks. Goes well with tea.
Author: Gayathri Ramanan
Recipe type: snacks
Cuisine: Indian
Serves: 2
Ingredients

- Ingredients

- 1 Cup of Red Aval / Red Poha / Red Rice Flakes(thin)
- 2 Tbsp of Pottukadalai / Roasted Gram
- 2 Tbsp of Roasted Peanuts
- 10 Roasted Cashews
- 5 Raisins
- Pinch of Sugar
- ¼ Tsp of Turmeric Powder
- ½ Tsp of Red Chilly Powder
- Salt to taste
- 1-2 Tbsp of Oil
- Pinch of Asafoetida
- Few Curry Leaves

Instructions

1. Take all your ingredients in a plate.
2. Heat a pan with a tsp of oil, roast the pottukadalai, curry leaves and roasted peanuts until it turns golden brown. Remove and keep it in a plate
3. Heat the same pan with a tsp of oil, add red aval, turmeric powder, asafoetida, red chilly powder, sugar and salt, roast it for 2 mins until it turns crisp. Remove and transfer it to a plate.
4. Heat the same pan with oil, add cashews and raisins, roast it until it turns golden brown. Remove and transfer it to a plate.
5. Mix everything in a plate and toss it well.
6. Aval mixture (poha chivda) is ready.
7. Cool them and store it in an airtight container.
8. Serve it with tea or coffee

Notes
Here I used roasted peanuts so I fried along with roasted gram.
If you are using raw peanuts, fry it separately in oil.
Raisins add a sweeter note dont avoid it.
If you want even more tastier, deep fry everything in oil.
Curry leaves adds a nice flavor to this dish.
You can also add some grated potatoes, deep fry it in oil and

add it to the mixture.
Fry everything in a medium flame.
You can also add some coconut if you want.
Adjust red chilly powder and salt according to your taste.



Tags: aval mixture, Red aval mixture recipe, how to make aval mixture recipe, guilt free diwali snacks, guilt free snacks, prepare aval mixture recipe, crispy aval mixture recipe, poha chivda, poha chivda recipe, how to make poha chivda, easy diwali snacks, kids snacks recipe, weight loss snacks.

MASAL VADAI RECIPE / KADALAI PARUPPU VADAI / AAMA VADAI



Masal Vadai / Masala vadai / paruppu vadai / aama vadai is a popular South Indian addictive snack. In south Indian homes, during festival occasions, they make either urad dal vada or paruppu vadai. To make this masal vadai, you need channa dal and other ingredients like fennel seeds, ginger, garlic, onion and coriander leaves . I am not a big fan for this vadai, but I like it so once in a while I make it at home. Two yrs back

in my in-laws house, they had a cook, she makes the best tea kadai style masala vadai for mor kulambu. I would say it was a tastiest vadai I ever tasted in my life. Next time, when I meet her, I should get a recipe from her. Also I love the masala vadai in Kovai Express train, which runs from chennai to coimbatore. When the vendor sells vadai and cross our seats, the aroma itself makes us hungry. We often travel in that train, when ever we travel, my father buy that vadai for us, it will be palm size, big vadai with lots of onions, both my parents love that paruppu vadai. We usually we don't eat snacks from outside but this is an exception. This aama vadai goes well with evening tea or as side dish for any variety rice like lemon rice or tamarind rice or tomato rice or curd rice. If you got leftover vadai, you can make an another fabulous dish called vada curry which I have posted in my blog, check that for recipe. It goes well with idly or dosa.

How to make Masal vadai recipe/ Paruppu vadai / Aama Vadai

5.0 from 1 reviews
MASAL VADAI RECIPE / KADALAI PARUPPU VADAI / AAMA VADAI



Save Print
Prep time
3 hours 10 mins

Cook time
30 mins
Total time
3 hours 40 mins

Masal Vadai / Masala vadai / paruppu vadai / aama vadai is a popular South Indian delicious snack. This aama vadai goes well with evening tea or as side dish for any variety rice like lemon rice or tamarind rice or tomato rice or curd rice.
Author: Gayathri Ramanan
Recipe type: snacks
Cuisine: Indian
Serves: 7
Ingredients

- ⅓ Cup of Channa Dal (Bengal gram / Kadalai paruppu)
- ½ Inch of Ginger
- 2 Garlic cloves
- 2 Red Chilly
- 8 Small Onions, Finally Chopped
- ½ Tsp of Fennel Seeds
- ¼ Tsp of Asafoetida
- ½ Tbsp of Rice Flour
- Few Coriander Leaves
- Few Curry Leaves
- Salt to taste

Instructions

1. Soak the channa dal for 3 hrs, wash it twice in tap water and keep it aside.
2. In a mixie jar (blender), add all the channa dal (Leave 1 tbsp of Channa dal in a bowl), ginger, garlic, red chiily and salt. Grind this coarsely, sprinkle very little water, make sure it should be thick. Transfer the mixture to a bowl, add that whole 1 tbsp of channa dal, chopped onion, fennel seeds, asafoetida, rice flour, salt, coriander leaves and curry leaves. Mix everything together, do not add water. The batter should be thick and crumbly.

3. Heat oil in a pan to deep fry.
4. Keep a bowl with water, wet your hands and make a lemon sized balls out of the mixture and keep the ball in your palm of your left hand and flatten it with your right hand.
5. When the oil is hot, add the vadai, fry it in a medium flame on both sides until it turns golden brown colour. Drain it in a paper towel.
6. Hot, yummy paruppu vadai is ready to eat with tea.

Notes
If you are a spicy lover, add lot of green chilly in place of red chilly.
Rice flour is added for binding.
Adding ginger, asafoetida and fennel seeds is for easy digestion.
If your vada batter is dry, sprinkle little water.
If your batter is wet, add little more rice flour.
Always cook in a medium flame. If you cook in high flame, the inner part won’tt get cooked and it tastes raw.
If you have mint, you can add that too.
You can also make vadai with big onions.



Tags: masal vadai, masala vadai, kadalai paruppu vadai, aama vadai, paruppu vadai recipe, how to make masala vadai, masala vadai recipe, prepare masala vadai at home, masal vadai recipe, tea kadal style masala vadai recipe, masala vadai in tamil, easy vadai recipes, south indian snack, evening snack, kids recipe., diwali recipes

Green Peas Sundal Recipe / Pachai Pattani Sundal



Green Peas Sundal Recipe / Pachai Pattani Sundal is a healthy, protein rich snack good for kids and adults. You can try any pulses like kollu(Horse gram), mochai (field beans), rajma (red kidney beans) or kondakadalai (chickpeas) by following

this sundal recipe. Allready I have posted few sundal recipes like kondakadalai sundal, Sprouted Navadhanya sundal and peanut sundal Here in this recipe, I used frozen green peas. You can also use fresh green peas, if you get. Try this easy sundal recipe for navarathiri.

How to make green peas sundal recipe

Green Peas Sundal Recipe / Pachai Pattani Sundal



Save Print
Prep time
3 mins
Cook time
10 mins
Total time
13 mins

Green Peas Sundal Recipe / Pachai Pattani Sundal is a healthy and delicious snacks that can be made in few mins. Great for kids and adults as snacks or for navarathiri occasion.
Author: Gayathri Ramanan
Recipe type: snacks
Cuisine: indian
Serves: 2
Ingredients

- ⅔ Cup of Green Peas (Pachai Pattani) – Frozen
- 2 Tbsp of Freshly grated coconut

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Pinch of Asafoetida
- 2 Red Chilly
- Few Curry Leaves
- ¼ Tsp of Turmeric Powder
- ¼ Tsp of Red Chilly Powder
- Salt to taste
- ¼ cup of Water

Instructions

1. Wash the green peas and keep it aside.
2. Heat a pan with oil, when it is hot, add red chilly, after it changes color, add mustard seeds, urad dal, asafoetida and curry leaves, after it pops up add green peas and salt, fry well for secs.
3. Add turmeric powder, red chilly powder, fry well for a min.
4. Add water, cover and cook it for 5 mins.
5. Finally add coconut, mix well and turn off the flame.
6. Hot, delicious green peas sundal is ready to eat.

Notes
You can replace with any pulses by following the same recipe.
If you don’t want coconut, you can avoid it.
If you like green chilly, add it and avoid red chilly powder.
Do not avoid red chilly that gives a nice flavor.



Tags: green peas sundal recipe, pachai pattani sundal, how to make pachai pattani sundal, how to prepare sundal recipe for navarathiri, easy navarathiri recipes, sundal recipes