

AVOCADO FLAX SEED CHAPATHI RECIPE



Avocado are native to Mexico, they are also called alligator pear or butter fruit in India. Avocado is a power packed fruit which consists of 20 essential nutrients. You can make lot of recipes with avocado like guacamole, salads, sandwiches, smoothies and so on. But today I am sharing Indian Bread recipe with avocado and it is called Avocado flax seed

chapathi recipe.

Avocado flax seed chapathi recipe is very good to our health, as it contains flax seed powder In addition to avocado. Flax seeds has omega 3 fatty acids, which is good for heart. As both avocado and flax seeds has good fats and healthy to heart, so I call this chapathi – heart healthy paratha. Try to include this healthy avocado flax seed chapathi recipe in your diet for lunch or dinner. Serve this avocado chapathi with raita or dal or any subzi.

How to make Avocado Chapathi

Prep Time : 35 mins Cook Time : 30 mins Serves : 10-12
Chapathi

Ingredients for Avocado flax seed chapathi Recipe

- 2 Cups of Whole Wheat Flour
- 1 Ripe Avocado
- 1 Tsp of Flax Seed Powder
- 1/2 tsp of Cumin
- 1 Tsp of Grated Ginger
- 1/2 Tsp of Turmeric Powder
- 3/4 Tsp of Black pepper Powder
- 2 Tbsp of Oil
- Salt and water as required

Method for Avocado flax seed

chapathi Recipe

- Wash the avocado and cut into two halves and remove the seeds. Scoop out the flesh part using spoon and mash well with spoon or grind it in mixie to a smooth paste.
- In a mixing bowl, add wheat flour, mashed avocado, grated ginger, black pepper powder, flax seed powder, turmeric powder, cumin, salt and oil. Mix well with hand. Add water little by little and knead well. until you get smooth dough. Leave the dough to rest for 30 mins. Divide the dough into equally sized balls. Roll out each balls into round shape.
- Heat a pan, when it is hot, place the rolled chapathi, cook on both sides until it turns golden brown colour.
- Serve hot with raita or any subzi or dal of your choice.

Tips

- To get soft chapathi, add 1/4 cup of thick curd while kneading the flour.
- For spicy taste and additional flavour, add green chillies instead of black pepper powder.
- If you don't get flax seed powder, just leave it.
- Addition of ginger and cumin for easy digestion.



Tags : [avocado chapathi](#), [avocado roti](#), [avocado paratha](#), [avocado flax seed chapathi](#), [flax seed paratha](#), [flax seed roti](#), [chapathi recipes](#), [roti recipes](#), [northindianrotirecipes](#), [butterfruitchapathi](#), [hearthealthyindianfood](#),

[POOSANIKAI PAYASAM / PUMPKIN KHEER](#)



Poosanikai Payasam / Yellow pumpkin kheer / gummadi kaya payasam is an easy to make payasam recipe during festivals

occasions like diwali or vijadhasami or ayudha pooja. In north India, this payasam is also called kaddu ki kheer. Halloween time in US, so you can see lot of yellow pumpkin in shops. You can make lot of recipes with yellow pumpkin like sambar, kuzhambu, curry or halwa.

To make yellow pumpkin kheer, you need yellow pumpkin, sago, sugar, cardamom, nuts and ghee. You can also use white pumpkin in place of yellow pumpkin while making payasam. But I prefer yellow pumpkin. This pumpkin kheer is very simple and delicious in taste. Today I am sharing simple and classic poosanikai payasam recipe.

How to make yellow pumpkin payasam recipe

Preparation Time : 15 mins Cooking Time : 10 mins Serves : 4

Ingredients for Yellow Pumpkin Kheer

To Pressure Cook

- 2.5 Cups of Yellow Pumpkin, Chopped
- 1.5 Cups of Water
- 2.5 Tbsp of Sago

Other Ingredients

- 1 Cup of Milk
- 2/3 Cup of Sugar
- 3 Cardamom
- 2-3 Tbsp of Ghee
- Cashews or Almonds as needed
- Few Raisins
- Few Saffron Strands

Method for poosanikai payasam

- Clean, peel the skin and cut the pumpkin into pieces.
- In a pressure cooker, add pumpkin pieces, sago and water. Cook it for 5 whistles. After 10 mins, open the lid, mash it with a masher. Do not grind it in mixie.
- Heat a pan with ghee, fry the cashews or badam and raisins. Keep it aside.
- Turn on the stove, place the cooker, add milk and sugar, let it boil for 10 mins. Turn off the stove and add fried cashews, raisins. Finally garnish it with saffron.
- Serve hot or cold.

Tips

- Adjust sugar according to your taste
- You can use canned pumpkin puree in place of freshly chopped pumpkin pieces.
- To make your paysam even more rich and tasty, add condensed milk to it.
- Use jaggery instead of sugar for sweetness.
- To get creamy or nutty taste, add coconut bits or coconut milk.

Poosanikai Payasam



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Sprouted Navadhanya Sundal Recipe



Today I am posting easy sundal recipe for navarathiri is Mixed sprouts sundal / Sprouted Navadhanya sundal recipe. The word navadhanya refers to nava meaning nine, dhanyam -meaning grains. This sundal recipe is a combination of 9 sprouted legumes(white chickpeas, Mochai, Green Gram, Horse Gram,

Rajma, black eyed peas, dried soy beans, white black eyed peas and black chickpeas and I bought this mixed sprouts from nearby Nilgiris supermarket. During navarathiri, sundal are prepared from different legumes. I already posted [chickpeas sundal](#) and [peanut sundal](#). This navadhanya sundal recipe is very easy to make and also super healthy. You can make this sundal recipe for evening snack or after school snack for kids. Try this super healthy Sprouted Navadhanya sundal recipe and let me know how it turned out.

How to make Mixed Sprouts Sundal Recipe / Navadhanya Sundal Recipe

Preparation Time : 10 mins

Cooking Time : 15 mins

Serves : 3

Ingredients for Sprouted Navadhanya Sundal Recipe

- 1 Cup of Mixed sprouts
- 3 Tbsp of Coconut Grating
- Salt to taste

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 2 – 3 Red Chillies
- Few Curry Leaves
- Pinch of Asafoetida

Method for Sprouted Navadhanya Sundal Recipe

- Cook the sprouted legumes by adding enough water and salt in pressure cooker for 3 whistles. Do not overcook.
- Heat a pan with oil, when it is hot, add red chillies, mustard seeds, urad dal, curry leaves, asafoetida, after it splutters, add cooked mixed sprouts, fry for few mins, finally add coconut gratings and mix well. Check the salt. Turn off the stove.
- Hot, delicious mixed sprouts are ready to serve for evening snack.

Tips

- You can use home made or store bought sprouts.
- You can use red chilly powder or green chillies in place of red chillies.
- Do not over cook the legumes. Cook the legumes either in pressure cooker or in open vessel.
- You can squeeze lemon at the end, for little tangy taste (optional)

Sprouted Navadhanya Sundal



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