

Instant Wheat Flour Banana Sweet Appam Recipe



Instant Wheat Flour Banana Sweet Appam Recipe is one of my favourite sweet dish made during festival occasions like Krishna Jayanthi, vinayagar chaturthi and karthikai deepam.

This is a easy and instant low fat sweet appam recipe, you can also deep fry them in oil. My mom make this sweet often the whole kitchen just smells wonderfully. Banana in this appam makes it so flavorful. I already posted [nei appam recipe](#) in my blog. You can make this sweet banana appam to treat your kids for after school snacks.

Instant Wheat Flour Banana Sweet Appam Recipe

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Prep time

10 mins

Cook time

20 mins

Total time

30 mins

Instant Wheat Flour Banana Sweet Appam Recipe is easy and quick to make sweet for krishna jayanthi / karthigai deepam / diwali.

Author: Gayathri Ramanan

Recipe type: Dessert

Cuisine: Indian

Serves: 10

Ingredients

- $\frac{1}{2}$ Cup of Wheat Flour
- $\frac{1}{3}$ Cup of Jaggery
- 1 Big Ripe Banana
- $\frac{1}{4}$ Tsp of Baking Soda
- 3 Cardamom, Crushed
- 2 Tbsp of Grated Coconut
- Salt to taste
- ghee to fry

Instructions

1. Heat a pan with jaggery and water, boil it for few mins or until it melts. Filter it to remove impurities. Transfer this to a bowl, add wheat flour, crushed cardamom, grated coconut, salt and baking soda.
2. In a bowl, mash the banana with back of your fork, add this to a bowl. Mix everything well with fork. Batter should be thick without any lumps.
3. Heat paniyaram pan with ghee, pour spoonful of batter to the hole and cook both the sides of appam until it turns golden brown colour.
4. Instant sweet appam is ready to serve hot.

Notes

You can also deep fry instead of make them in paniyaram pan. Increase or decrease the amount of jaggery according to your taste.

Banana gives nice flavor and soft texture to appam.

use ripe banana for this dish.

If your batter is runny, add rice flour.



Roasted Poblano Sweet Corn Chowder Recipe

Poblano Corn Chowder



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Roasted poblano sweet corn chowder recipe is a rich, creamy delicious sweet – hot soup made with poblano chile, sweet corn, onion, garlic and cheese. Poblano is a mild chili pepper popular in Mexico. When dried it is called ancho chile. I came to know about this poblano corn chowder after I tasted in Frontera fiesta Rick Bayless restaurant in Chicago airport. It was so creamy and yummy in taste, they served hot. It was very comforting, with the addition of milk and cheese, the soup was so flavorful and great. Try this chowder, you will love it ☐

Check my other soup recipes in my blog.

1. [Parsley Soup](#)
2. [Black Bean Soup](#)
3. [Carrot potato Soup](#)
4. [Cream of Mushroom Soup](#)
5. [Kollu Soup \(Horse Gram Soup\)](#)
6. [Knol Kohl Avarampoo Soup for diabetes](#)
7. [Murugaikeerai Soup](#)

How to make Roasted Poblano Sweet Corn Chowder Recipe



Roasted Poblano Sweet Corn Chowder Recipe



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Prep time
15 mins

Cook time

25 mins

Total time

40 mins

Roasted poblano sweet corn chowder recipe is a rich, creamy delicious sweet – hot soup it tasted just like frontera fiesta Rick Bayless restaurant soup. Serve with tortilla chips.

Author: Gayathri Ramanan

Recipe type: soup

Cuisine: American

Serves: 2

Ingredients

- 1 Large Poblano
- 1 White Onion, Chopped
- 2 Garlic Cloves
- 1 Bay Leaf
- $\frac{1}{2}$ Cup of Corn (Frozen)
- 1 Green Chilly, Chopped (optional)
- $\frac{1}{2}$ Cup of Milk
- $\frac{1}{4}$ Tsp of Roasted Cumin Powder
- Salt and Pepper to taste
- $\frac{1}{4}$ Cup of Cheddar Cheese, Shredded
- Cilantro to garnish
- 2 Tsp of Butter / Olive Oil
- Tortilla Chips to serve

Instructions

1. Roast the poblano chilly over fire. Just make sure they are blackened all over. The best way to peel the skin is to pull off the charred skin. Chop the poblano into fine pieces.
2. Heat the pan with oil / butter, add bay leaf, onion, garlic and green chilly, fry them until it turns golden brown.
3. Add corn, cook for few mins until it get cooked. Add chopped poblano, cumin powder, salt and pepper, fry well for few mins.

4. Add milk and water, cook in a low flame for 10-15 mins until it turns thick. check the salt and transfer this soup to a serving bowl. Remove the bay leaf after cooking.
5. Garnish it with cheddar cheese and cilantro. Serve it with tortilla chips.

Notes

Add any additional vegetables of your choice like potato or mushroom or celery.

Add cream in place of milk for rice taste.

Adding milk and cheese gives yummy taste.

Use vegetable stock or chicken stock to make it more healthy soup.

For a thicker base of soup, blend everything well in a blender and serve.

Sweet Corn Poblano Soup



Tags: [Roasted Poblano Sweet Corn Chowder Recipe](#), [pobalno chowder recipe](#), [sweet corn chowder recipe](#), [rick bayless poblano chowder recipe](#), [frontera fiesta corn poblano chowder recipe](#), [soup recipe ideas](#).

Guacamole and Alfalfa Sprouts Sandwich Recipe



Alfalfa Sprouts and Guacamole Sandwich

Alfalfa is a real star of this sandwich. Alfalfa sprouts are young seedlings of alfalfa plant, they are good source of fiber and protein, prevents heart diseases and diabetes. Coming to the recipe, this is a delicious vegetarian sandwich recipe dressed up with mild, creamy guacamole pairs well with crispy alfalfa sprouts, also packed with cheese, red onions, mushroom, tomato, black olives drizzled with red

wine vinaigrette which makes a satisfying meal. Italian seasoning adds an extra flavor. This sandwich is a perfect fit for breakfast or lunch or dinner. Serve this great tasty sandwich with a side of hot soup, potato chips and soda. Check my [recipe index](#) for more sandwich recipes

How to make Guacamole and Alfalfa Sprouts Sandwich Recipe

Ingredients

- [Guacamole](#) from 1 Avocado
- 4 Whole Wheat Sandwich Bread
- 1 Medium Size Red Onion, Finely Chopped
- 3 Mushroom, Sliced
- 1 Medium Size Tomato, Sliced
- 6 Black Olives, Chopped
- 4 Tsp of Sharp Cheddar Cheese
- 1/4 Cup of Alfalfa Sprouts
- 2 Tsp of Red Wine Vinaigrette
- Salt and Black Pepper to taste
- Italian Seasoning as needed
- 6 Jalapeno Slices

Method

- Wash the alfalfa sprouts and keep it aside.
- Wash and chop the onion and black olives. Slice the mushroom and tomato.
- In a baking pan, place two sandwich bread, On one bread – add red wine vinaigrette, onion, mushroom, cheddar cheese.

- On another bread, place tomato, black olives, jalapenos, season with salt, pepper and Italian seasoning.
- Broil it for 5 mins in an oven.
- Take it out, add guacamole and alfalfa sprouts.
- Put the slices together, cut it diagonally or vertically to create finger sandwiches.
- Serve this guacamole and alfalfa sprouts sandwich with potato chips, soup and soda.

Tips

- You can use any kind of cheese but I prefer cheddar cheese.
- I recommend to use wheat bread as it was healthy when compared to white bread.
- If you don't like the crust, just remove it.

Alfalfa Sprouts Sandwich



Tags : [alfalfa sprouts sandwich](#), [alfalfa sprouts sandwich recipe](#), [alfalfa sprouts recipe](#), [guacamole and alfalfa sprouts sandwich recipe](#), [guacamole sandwich recipe](#), [vegetarian sandwich recipe](#), [sandwich recipe ideas](#), [picnic sandwich recipe](#).