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.

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Save Print
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

- ½ Cup of Wheat Flour
- ⅓ Cup of Jaggery
- 1 Big Ripe Banana
- ¼ 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.



Krishna Jayanthi Recipes 2016 / Gokulashtami Recipes



In 2016, Krishna Jayanthi falls on 25th of August. Here are the Krishna Jayanthi Recipes 2016 from Foodybuddy. Wishing you all Happy Krishna Jayanthi in Advance…Below you can see the list of recipes, I have attached 24 sweet and savory recipes so **click on the below links** to get the recipes

Krishna Jayanthi Recipes 2016

Savory Recipes

1. Maida Seedai
2. Butter Murukku
3. Thenkuzhal
4. Moong Dal Murukku
5. Mullu Murukku
6. Thattai
7. Gram Flour Ribbon Pakoda
8. Spicy Garlic Karasev
9. Aval (Poha) Vadai
10. Urad Dal Vadai(Medhu Vadai)

Sweet Recipes

1. Kesar Shrikhand
2. Basundi
3. Kalkandu Pongal
4. Rava Kesari
5. Coconut Burfi
6. Aval Ladoo
7. Rava Ladoo
8. Nei Appam
9. Paal Kozhukattai
10. Milk Powder Gulab Jamun
11. Kaju Katli

Payasam / Kheer Recipes

1. Red Aval Payasam (Poha Kheer)
2. Arisi Payasam (Rice Kheer)
3. Sago Payasam
4. Moong Dal Payasam
5. Moon Dal Sago Payasam

6. Yellow Pumpkin Payasam
7. Godhumai Rava Payasam (Cracked Wheat Kheer)
8. Carrot Kheer

Tags: gokulashtami recipes, krishna jayanthi recipes, janmashtami recipes, easy gokulashtami recipes, maida seedai recipe, mullu murukku, moong dal murukku recipe, butter murukku recipe, ribbon pakoda recipe, garlic kara sev, thattai recipe, aval ladoo, red aval payasam recipe, arisi payasam recipe, basundhi recipe, kesar shrikhand, paal payasam, rava laddu, murukku recipe, how to make seedai without bursting, prepare seedai, how to make easy murukku, nei appam, rava ladoo, paal kozhukattai, aval vadai, godhumai rava payasam, sago payasam, krishna jayanthi recipes 2015, gokulashtami recipes foodybuddy

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Krishna Jayanthi Recipes – 2014

Krishna Jayanthi Recipes – Gokulashtami Recipes – 2014



Google image

In 2014, Krishna Jayanthi falls on 17th of August. So here are the Gokulashtami Recipes from Foody-Buddy. Wishing you all happy Krishna Jayanthi in Advance…Click on the below images to get the recipes.

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  Maida Seedai

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  Mullu Murukku



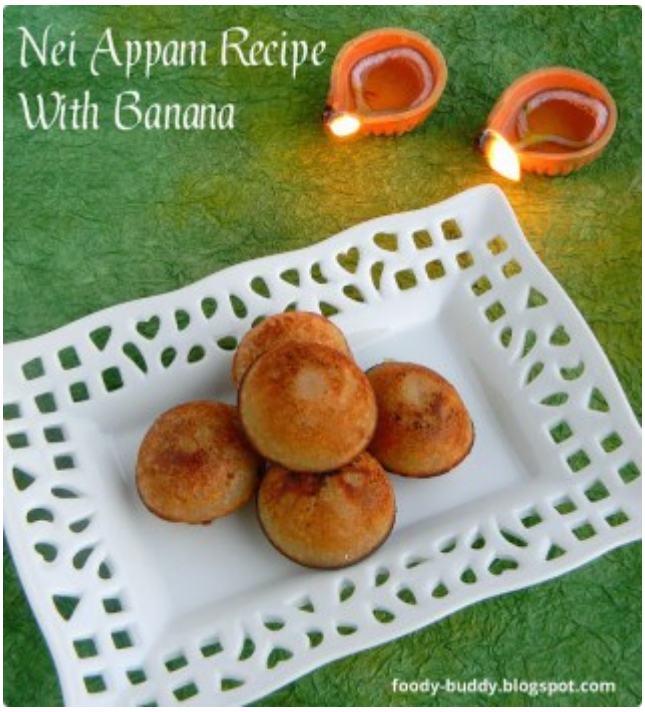
Thattai



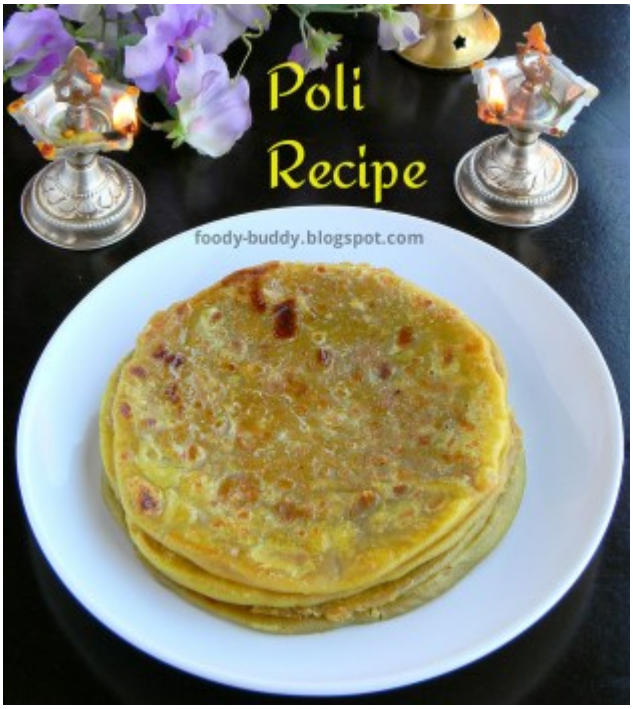
Medu Vadai

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Aval Vadai

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Nei Appam

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  Paruppu Poli
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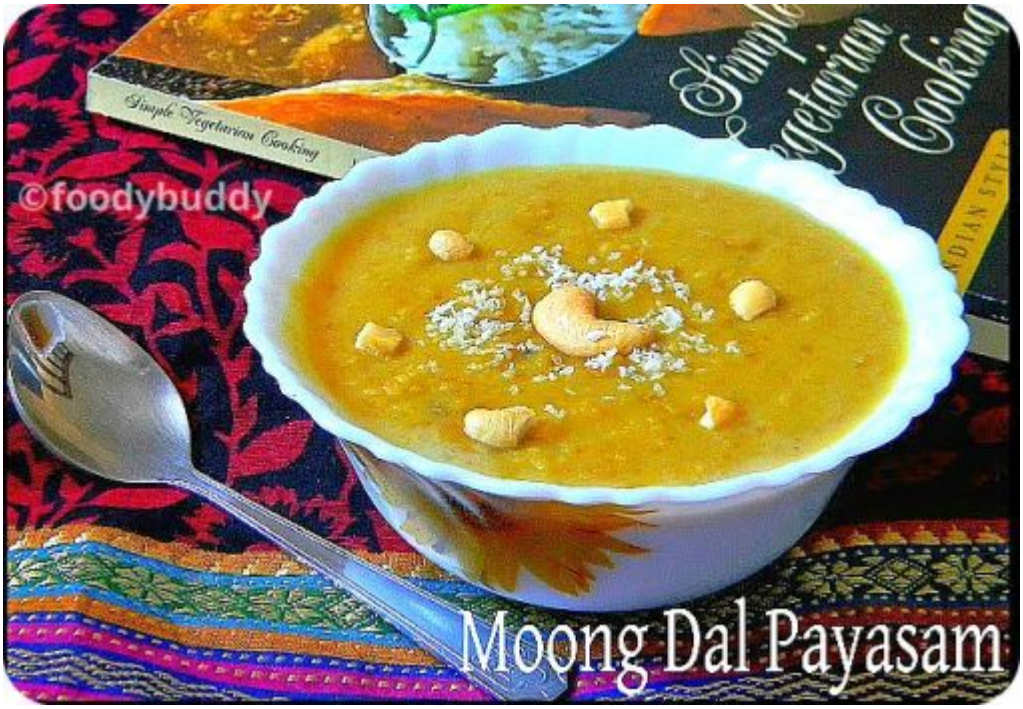
  Rava Ladoo

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  Aval Ladoo

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  Rava Kesari

- 

  Moong Dal Payasam

- 

  Sago Payasam

Tags: gokulashtami recipes,krishna jayanthi recipes,janmashtami recipes,easy gokulashtami recipes,maida seedai recipe,mullu murukku,thattai recipe,aval urundai, paal payasam, rava laddu, murukku recipe,rava kesari,how to make seedai without bursting,prepare seedai, gokulashtami recipes,how to make easy murukku, nei appam, rava ladoo, foodybuddy