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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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.


Wheat Flour
Appam
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