

Baked Wheat Biscuits / Healthy Khara Biscuit (Low Fat)



BAKED WHEAT BISCUITS (LOW FAT)

This easy, low-fat baked wheat biscuits are so addictive, yummy and healthy snacks for kids and adults. Do you like Maida biscuits / Diamond cuts ? Then you will love this tiny,

cute savory crackers for sure. In this wheat biscuit recipe, I replaced maida with wheat and then I baked with oil instead of butter. I already posted deep-fried method of [savory maida biscuits](#). This baked wheat biscuit is my all time favourite tea time snack. This is my recipe and it is a guilt free snack. If you are looking for vegan snack then try this low-fat khara biscuit for any occasion and let me know how it turned out.

How to make Baked Wheat Biscuits (Low Fat)

Ingredients for Baked Wheat Biscuits

- 3/4 Cup of Wheat Flour
- 1/2 Cup of All Purpose Flour (Maida)
 - 1/4 Cup of Canola Oil
 - 1/2 Tsp of Garlic Powder
- 2 Tsp of Red Chilly Powder
 - 2 Tsp of Cumin Seeds
- 1/2 Tsp of Baking Powder
 - Salt to taste
 - Water as needed

Method for Baked Wheat Biscuits

- In a bowl, mix all the ingredients, add water little by little and make a smooth dough. Cover the dough and leave it for 15 – 30 mins.
- Knead it again and divide the dough into equal parts. Take a ball and roll into a thin circle as possible.
- Take a knife or pizza cutter cut the circle in the form of square like cut vertically first and then horizontally. Carefully separate them and keep them ready. Repeat the same process for the rest of the circles.
 - Preheat the oven to 350° F.
- Grease the plate with oil and place the biscuits by leaving some gap.
 - Bake it for 12 mins.
- Hot, delicious wheat biscuits are ready to munch.

Tips

- You can use either 1 and 1/4 cup of all-purpose flour or use 1/2 maida and 3/4 cup wheat like I did.
- Adjust the amount of red chilly powder and salt according to your taste.
 - Use any vegetable oil instead of canola oil.
 - Don't have garlic powder, use garlic paste instead
 - Always keep an eye on the oven while baking.
- If you want your biscuits to be on brown shade. Bake it until 15 mins.

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HEALTHY KHARA BISCUITS (BAKED & LOW FAT)

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5 mins Instant Wheat Bonda Recipe



Wheat bonda / Godhumai bonda is an easy to make deep fried

evening snack that can be made in 5 mins. To **make instant what bonda**, you need wheat flour, leftover dosa batter, onion, red chilly powder, baking soda and salt. You can make this Instant Wheat bonda for unexpected guests to home or give to kids as after school snacks. But I had it as side dish for rice. Yes..if you don't have any vegetables to make side dish for rice, make this bonda as side dish. It tastes good with hot sambar rice. Serve this instant wheat bonda with chutney of your choice. Try this 5 mins instant wheat bonda recipe for evening snack and let me know how it turned out.

How to make 5 mins Instant Wheat Bonda Recipe

Preparation Time : 2 mins Cooking Time : 5 – 10 mins Serves : 3

Ingredients for 5 mins Instant Wheat Bonda Recipe

- 15 Tbsp of Wheat Flour
- 3/4 Cup of Leftover Idly/dosa Batter
- 3 Medium Size Onion, Finely Chopped
- 2 Tsp of Red Chilly Powder
- Few Coriander Leaves
- Few Curry Leaves
- 1/2 Tsp of Baking Soda
- 1 Tsp of Salt or to taste
- Pinch of Asafoetida
- Water as required
- Oil to deep fry

Method – 5 mins Instant Wheat Bonda Recipe

1. In a bowl, add all the ingredients except oil and water. If your batter is thick, you can add little water to the flour. Mix everything to bonda batter consistency, but not watery.
2. Heat a pan with oil, when it is smoking hot, take the batter in your hand and drop little balls into the hot oil, cook both sides of bonda until it changes to golden colour, remove them from the hot oil.
3. Hot, crispy, yummy wheat bonda is ready to serve with chutney of your choice like coconut chutney or tomato chutney.

Tips

- You can use green chillies in addition to red chilly powder.
- Add any vegetables of your choice to the batter.
- If you want, you can add some grated ginger to it.



Tags : bonda, bonda recipe, Instant wheat bonda, 5 mins instant wheat bonda recipe, how to make instant wheat bonda recipe ,prepare wheat bonda recipe, wheat snacks recipe, kids after school snacks, snacks for guests, deep fried snacks.
evening snacks