Oats Pongal Recipe For Breakfast



Oats pongal is a healthy Indian breakfast recipe. This oats pongal is very nutritious dish, as it has oats and moong dal and it tastes more like venpongal recipe. I made this pongal in pressure cooker, so it takes only less time to cook and to have breakfast.

To make oats pongal recipe, you need oats, moong dal and spices. I love dishes with moong dal, as they are light to digest and easy to cook. Tempering with spices like pepper, cumin, green chilly and ginger makes oats pongal more flavorful. I usually make oats idly, **oats dosa**, **oats upma** and **oats paniyaram**. My friend told this recipe so I followed, it came out so good. You can have oats pongal for breakfast or lunch or dinner.

If you are trying for healthy breakfast recipe, then try this **oats pongal recipe for breakfast.** It goes well with coconut chutney or sambar

How to make oats pongal recipe

Preparation Time : 30 mins Cooking Time : 15 mins Serves : 3

Ingredients for oats pongal recipe

- 1/2 Cup of Oats (I used quaker)
- 1/4 Cup of Yellow Moong Dal
- 5 Cashews, Broke into pieces
- Salt to taste
- Ghee to fry oats and cashews
- 3/4 – 1 cup of Water

To Temper

- 2 Tsp of Oil / Ghee
- 1 Tsp of Whole Cumin
- 1 Tsp of Whole Black Pepper
- 1 Green Chilly

- 1 Tsp of Ginger, Finely Chopped
- Pinch of Asafoetida
- Few Curry Leaves



Method to make oats pongal

- Soak the moong dal in water for 15 mins.
- Pressure cook the dal with 3/4 cup of water and cook for

4 whistles until it turns soft.

- Fry the cashews in ghee until golden brown colour.
- Fry the oats in ghee for 2 mins until it changes colour and aroma comes.
- Heat a pan with ghee, add all the ingredients listed under ” To Temper”. Fry it until it splutters.
- Add water and salt, let it come to boil, now add oats, cook until it turns soft.
- Add cooked moong dal, mix well and cook until it reaches semi-thick consistency. Turn off the flame. Finally add fried cashews and give a quick stir.
- Serve hot with coconut chutney or sambar.

Tips

- You can also cook both dal and oats together in cooker.
- Adjust the amount of water according to your wish.
- You can add grated vegetables like carrot or spinach leaves to this pongal.
- Use 3/4 cup of milk in place of water while cooking oats.

Health Benefits of Oats

- Oats are good source of dietary fiber.
- Oats contains one of the best source of Inositol, which is important maintaining for blood cholesterol level.
- It acts as an antidepressant.



Tags : oats recipes, oats pongal recipe, oats pongal, oats diabetic friendly recipe, quaker oats recipes, saffola oats recipe, Indian oats breakfast recipe, oats diet recipes, oats recipe in tamil, easy oats recipes, how to make oats pongal, prepare oats pongal recipe, oats recipe for dinner

Oats Paniyaram / Indian Oats Breakfast Recipe

Among South Indian breakfast recipes, my favourite dish is kuzhi paniyaram. This oats paniyaram is in my to do a list for long time. Last week I tried this oats recipe from other blog. It came out so good and tasty. Love to eat this oats paniyaram for breakfast as it was very healthy and has oats and mixed lentils. This oats paniyaram is really soft on inside and crispy on outside. You can do this oats paniyaram for breakfast or dinner or for evening snack. Also perfect to pack for lunch box for kids and a bachelor friendly recipe.

Health Benefits of Oats

- Lowers cholesterol levels.
- Reduces the cardiovascular disease.
- Enhances immune responses to infection.
- Lowers type 2 diabetes.
- Controls the blood pressure.
- Increase appetite control hormones.



Soaking Time : 4-6 hrs
Preparation Time : 15 mins

Cooking Time : 15 mins Serves : 4

Ingredients to Oats Paniyaram Recipe

- 1.5 Cups of Quaker oats
- 1/2 Cup of Toor Dal
- 1/2 Cup of Channa Dal
- 2 Tbsp of Urad Dal
- 2 Tbsp of Moong Dal
- 2 Medium Sized Onions, Finely Chopped
- 1 Inch of Ginger, Finely Chopped
- 1 Tsp of Fennel Seeds
- 8-10 Red Chillies
- Few Curry Leaves and Coriander Leaves
- 1/4 Tsp of Asafoetida
- Salt to Taste
- Oil to Fry

Method

- Soak the dals together for overnight or atleast hrs. Wash the dals in running tap water and keep it aside.
- In a blender (mixie), powder the oats, red chillies, fennel and ginger. Finally add the dals and water, grind it. The batter to be in pouring consistency.
- Add chopped onion, curry leaves, coriander leaves, asafoetida and salt. Mix it well.
- Heat the paniyaram pan, add tsp of oil to each hole, when it is hot, add batter, cover and cook it in medium flame until it turns golden brown colour. Flip it to other side and cook.
- Hot and yummy oats paniyaram is ready to serve for breakfast with side dishes like tomato chutney or onion tomato chutney or mint coconut chutney.

Tips

- For healthier version, add grated vegetables like carrot, beetroot to the batter.
- Replace green chilies in place of red chilies.
- Adding asafoetida is to reduce flatulence and digestive disorders.


Oats
Paniyaram
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