

Quinoa Dosa Recipe / Quinoa Crepes (Vegan)

How to make
Quinoa Dosa at home

Quinoa Dosa



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Quinoa is a world's most popular super food. Quinoa is pronounced as Keen-wah and eaten as cereal by south American for thousand of years. Coming to its nutrients profile, it has got complete protein with all essential amino acid and fiber, it tastes good and has nice crunch. I love quinoa and I am trying lot of recipes with quinoa like quinoa upma, quinoa Tabbouleh. Will post those recipes in near future. I just want to try dosa with quinoa, when I was talking with my friend, she told me this quinoa dosa recipe, immediately I tried it

for breakfast. Dosa turned out delicious and crispy. This quinoa dosa recipe is vegan, gluten-free and rich in calcium. So kick-start your day with this super and protein rich quinoa dosa for breakfast. It goes well with [garlic chutney](#) or [sambar](#).

Ingredients for Quinoa Dosa Recipe

Preparation Time :8hrs Cooking Time:30 mins Serves:16 Dosa

- 1 Cup of Quinoa
- 1 Cup of Idly Rice
- 3/4 Cup of Urad Dal
- 1 Tsp of Fenugreek Seeds
- Salt as needed

Method for Quinoa Dosa Recipe

- Soak quinoa, idly rice separately, urad dal and fenugreek together in water for overnight.
 - In a grinder, grind urad dal and fenugreek, add water little by little and start grinding until it turns smooth. Transfer it to a bowl and keep it aside. After that add rice and quinoa to the grinder, add water now and then, grind it until it turns smooth. Transfer everything to a bowl and mix well with hand by adding salt. Ferment this batter for overnight or up to 6 hrs.
 - Add water and salt to the batter if you need it. Heat a pan, take a ladleful of batter and spread it evenly on to the pan. Drizzle oil on sides of dosa.
 - When dosa turns golden brown on bottom side, flip it and cook the other side for a min.
- Now hot and crispy quinoa dosa is ready to serve with your favourite chutney.

Tips

- You can use the same batter to make idly.
- Add grated veggies to enhance nutrition to dosa.

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