Quinoa Dosa Recipe / Quinoa Crepes (Vegan)

How to make Quinoa Dosa at home



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 seperately, 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.

Tags:quinoadosa, quinoadosarecipe, howtomakequinoadosaathome, prepare quinoa dosa, quinoa crepes, quinoa recipes, vegan dosa, gluten free crepes, protein rich dosa, dosa batter without rice, southindianbreakfastrecipe, dosarecipe.

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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