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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Save Print
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.
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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.



KANDARAPPAM RECIPE |SWEET APPAM



Kandarappam recipe is a deep fried sweet appam recipe made with rice, dhal, cardamom, jaggery and coconut. This is a traditional Chettinadu sweet appam recipe made for all festival occasions.

To make kandarappam recipe, I used palm jaggery for sweetness. kandarappam really taste good when it is served hot, it is crispy on outside and sponge on inside. Also it tastes good on next day. Try this delicious sweet appam and here is the recipe.

Ingredients for kandarappam recipe

- 1/2 Cup of Raw Rice(Pacha arisi)
- 1/4 Cup of Urad Dal

- 3/4 Cup of Jaggery, I used Palm Jaggery (Karupaati)
- Pinch of Salt
- 3 Tbsp of Grated Coconut
- 2 Cardamom, Powdered
- 3 Cups of Oil for Frying

Method for sweet appam recipe

- Soak the rice and urad dal in water for 2 hrs. Drain the water and wash it in tap water for 2 times. Leave it aside.
- Put it in a blender(mixie) and grind it to a fine, thick batter. Add cardamom, pinch of salt, jaggery and coconut, grind it for another 10 mins.
- Transfer the batter to a bowl, the batter should be in dosa batter consistency.
- Heat oil in a shallow pan, once it is hot, keep the flame in medium, slowly pour in spoonful of batter to the oil, when the appam rises to the top, turn it over, cook it for another 1 min and remove it from pan. Drain it in paper towel. It should be in brown color and got curled/wavy borders.
- Make the remaining kandarappam in the same way and serve hot.

Tips

- If your batter is watery, leave the batter in refrigerator for 30 mins and then start cooking.
- Adjust the amount of sweetness according to your taste.
- Always cook appam in a medium flame and fry one appam at a time to get a nice shape and taste.
- If you are in diet, don’t want to deep fry ? then you can cook the appam in non stick paniyaram pan with less oil, I tried with this batter, it tastes yummy.

Health Benefits of Rice and Urad Dal

- Rice are rich in carbs, provides energy and good for brain.
- Urad dal provides energy to the body.
- Rich in protein.
- Enhances digestion because of high in fiber content in dal.
- Boost heart health because of high in magnesium level in dal.



tags : kandarappam, kandarappam recipe, how to make kandarappam , sweet appam recipe, prepare kandarappam, appam recipes for festivals, appam recipe for vinayagar chaturthi, festival sweeets.