

# Coconut Paratha / Coconut Flat Bread

Pinit



*Coconut Paratha is absolutely delicious...It features whole wheat flour, coconut and a variety of aromatic spices. This paratha is a treat to your eyes and to your taste buds...because of coconut flavor in it. When I left the dough to sit for 1 hr, you don't believe, whole kitchen smells so aromatic...My husband really loved it. It is raining everyday in my place, so I thought to eat something hot and filling. When I did some google search, I came up with this idea..I got this recipe from [here](#). we had with aloo gobi and onion raita..Try this flavorful paratha recipe and enjoy...*



## Ingredients

- 1 Cup of Whole Wheat Flour, I used Aashirvaad Multigrain flour
- 2 Tbsp of Dry Coconut Flakes
- 1 Tsp of Cumin Powder
- 1/2 Tsp of Red Chilly Flakes
- 1/4 Tsp of Turmeric Powder
- 1/2 Tsp of Salt
- 1 Tbsp + 1 Tsp of Vegetable / Canola Oil
- 1/2 Cup of Warm Milk
- Ghee / Butter / Oil for brushing

**Serving : 5 Paratha**

## Method

- In a big wide bowl, mix all the ingredients except milk.
- Make a well in the center. In the meantime, boil the milk in microwave for 1 min.
- Now slowly add warm milk in the centre of the bowl. Mix

thoroughly with a fork or by hand to get a smooth dough. I took 1/2 cup of warm milk to knead the dough.

- Now the dough is ready. Cover and let the dough rest for 1 hour.
- Again knead the dough and divide into equal portions and make it into round balls.
- Heat tawa or pan. In the meantime lightly grease the rolling surface with flour. Take one ball and make it circular with a rolling pin.
- Carefully place the paratha on the heated pan. You will see tiny bubbles rises on the surface of paratha.
- Now it's time to flip the paratha with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread all over the paratha.
- Flip again in 30 secs and apply butter or ghee or oil. Press paratha gently with a spatula and cook till brown spots appear on both the sides of the paratha.
- Coconut Paratha is done when both sides are brown and crispy. Remove it from pan and place it in serving dish.
- Repeat the same process with each ball of dough.





## Tips

- Serve hot paratha with onion raita or aloo gobi or pickle or any side dish like

[Aloo Palak](#)

[Baingan Bharta](#)

[Navratan Korma](#)

[Rajma Masala](#)

- You can add grated vegetables to make it more nutritious.
- If your dough is dry, you can add some more oil or milk.
- If you want more spicy, you can increase the quantity of red chilly flakes.
- If you don't get dry coconut flakes, use fresh coconut..
- Use butter to brush the paratha instead of oil for a rich taste.

## Health Benefits

### Wheat Flour

- It contains healthy carbohydrates, fats and protein, antioxidants and vitamin E
- High in fibers results in boosting the metabolic rate.
- Reverse the weight gaining process.
- Reduce cholesterol, high blood pressure and cardiovascular disease.
- Reduce the risk of type 2 diabetes and breast cancer.

### Coconut

- Excellent source of Immunity.
- Good source of antioxidants, vitamins and minerals.
- Good for skin, hair, bones and teeth.





# Ulundhu Kali / Uluntangali / Urad Dal Halwa – South Indian Recipe

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*Ulundhu Kali / Uluntangali is a South Indian traditional delight. This traditional sweet is specially given to teen girls when they attain puberty mainly because as it strengthens the pelvic bones and muscles. This sweet is made of super nutritious ingredients like urad dal (Protein), palm jaggery(Iron) and gingelly oil (Vitamin E). You can have this healthy and nutritional dish for breakfast or as snacks. Good*

*for adults and kids.*

## Ingredients

3/4 Cup of Urad Dal (White)  
1 and 1/4 Cup of Palm Jaggery  
1/4 Cup of Gingelly Oil  
Pinch of Salt  
1/2 Cup of water or as needed

## Method

- Grate the palm jaggery and keep it aside.
- Dry roast the urad dal lightly, let it cool for sometime.
- In a pan, heat the water, after it boils, add the palm jaggery , let it be in the flame until jaggery melts and stir it occasionally. Once it done, turn off the flame



- Powdered the urad dal finely or rava consistency using mixie or spice grinder.
- Using tea strainer, strain the jaggery syrup to get rid of impurities.



- In a medium flame, add the Jaggery syrup to the same pan, add a pinch of salt, bring it to a boil, add urad dal powder little by little and stir well to avoid lumps.
- Add oil little by little and keep on stirring until the mixture leaves the sides of a pan.



- Serve hot or cold with a tsp of ghee. Make a small balls, in the center, add a tsp of ghee. Sorry I didn't use ghee in my recipe.





## Tips

- Adjust sweetness according to your taste buds.
- For sweetness, you can use yellow jaggery (Vellam) from sugarcane or Palm Jaggery (Karuppatti) from palm .
- Adding ghee gives you a rich taste.
- Addition of cardamom powder or coconut is optional.
- Always use gingelly oil for a authentic South Indian taste. Otherwise you can do full recipe with ghee.
- Try to avoid lumps while mixing.
- Adding a pinch of salt enhances sweetness.
- If you want more like a halwa padham, then you should add more ghee and oil.

## Health Benefits of Urad Dal

“Best medicine for back ache ”

## Urad Dal

- Urad dal provides energy to the body.
- Rich in protein.
- Enhances digestion because of high in fiber content.
- Boost heart health because of high in magnesium level.

## Palm Jaggery

Ability to cleanse your body, act as a digestive agent, sweeten your food in a healthy manner and provides a good amount of minerals.





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# Sparkling Kiwi Lemonade – Drink Recipes

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*Sparkling kiwi lemonade provides refreshing, healthy treat in a summer heat. This drink is a combination of all flavors. You can feel tangy taste from kiwi fruit and lemon, sweet taste from sugar and from the addition of soda and salt. I always love this fruit from my childhood as it gives loads of health benefits. Also my family favorite fruit. I love to eat as a whole fruit sometimes also I prefer to juice but without sugar. For a change, I tried this drink, it was too good and an amazing thirst quencher.. So enjoy this easy to make and tasty drink on a hot summer evening and enjoy..*

## **Ingredients**

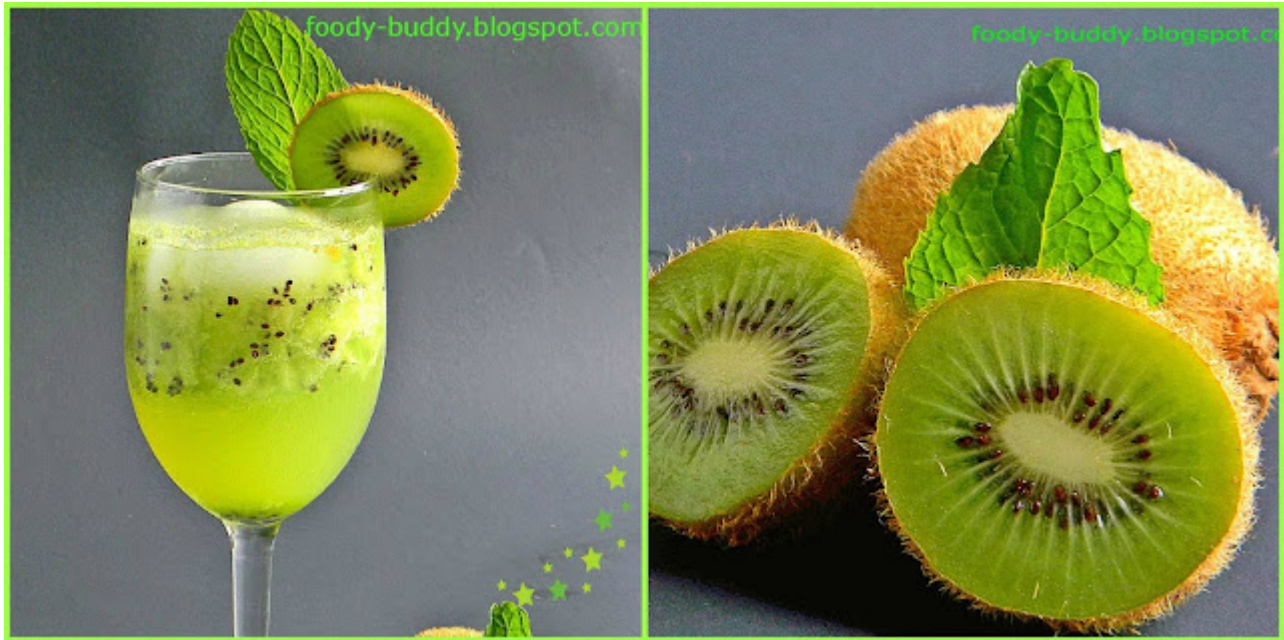
1 Big Kiwi Fruit  
1 Tsp of Lemon Juice  
1/2 Cup of Spirit Soda  
1 Tsp of Sugar  
Pinch of Salt  
5 – 7 Ice Cubes

## **To Garnish**

A Slice of Kiwi  
Few Mint Leaves

## **Method**

- Peel the skin of the kiwi fruit and mash it well in a bowl. To that add salt, sugar and lemon juice, give a quick stir.
- In a serving glass, add ice cubes, kiwi flesh and spirit soda, give a stir.
- Finally garnish with a slice of kiwi and mint leaves.
- Enjoy this drink on a hot summer evening.



### Tips

- Adjust sweetness according to your taste buds.
- Try kiwi mint lemonade by adding some mint leaves.

### Health Benefits of Kiwi

- Kiwi contains a remarkable amount of vitamin C, a water soluble antioxidant that has been proven to fight against cardiovascular disease and cancer.
- High in fiber content which helps improve diabetes, controls blood sugar and protects against colon cancer.
- More in potassium than a banana, ideal for fluid and electrolyte

balance and energy during exercise.

- One of the fat free sources of Vitamin E, a powerful antioxidant that helps boost immunity and helps lower cholesterol. **Good source of zinc and folate important for pregnant women.**

sending this recipe to [Zesty southIndian kitchen](#)







## sparkling kiwi lemonade



[foody-buddy.blogspot.com](http://foody-buddy.blogspot.com)