

QUINOA KUZHI PANIYARAM RECIPE / QUINOA RECIPES



Quinoa is considered as super food which is loaded with lots of antioxidants, protein , fiber, iron, vitamins and other minerals. This grain is getting more popular, has low glycemic index and it is gluten free. You can replace quinoa with rice,

I know it is expensive but it has lot of health benefits like lowering cholesterol, good for digestion, lowers blood sugar level and cures heart diseases. Nowadays I am trying few recipes with quinoa. I already posted [quinoa dosa](#) few months back and I made quinoa biryani which I will post in coming weeks. Few weeks back, my mom made thinai paniyaram and said it came out good. I don't get thinai (foxtail millet) in my place so I replaced with quinoa. The outcome was good and tasty.

Quinoa kuzhi paniyaram recipe (Quinoa Lentil balls) is a healthy and delicious gluten free and vegan breakfast recipe. Here I used [red quinoa](#) which I got from walmart. You can use any kind of quinoa. If you don't get quinoa, replace it with thinai (foxtail millet). You can make even dosa with the same batter. In [traditional kuzhi paniyaram](#), we add seasonings to the batter, but here I skipped that. If you want, you can add seasonings or grated carrots to the batter and make paniyaram. Make this quinoa paniyaram for breakfast or dinner or evening snacks for kids. Serve this paniyaram with [coconut chutney](#) or [tomato chutney](#).

HOW TO MAKE QUINOA KUZHI PANIYARAM RECIPE

QUINOA KUZHI PANIYARAM RECIPE / QUINOA RECIPE



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Prep time

14 hours

Cook time

30 mins

Total time

14 hours 30 mins

Quinoa kuzhi paniyaram recipe (quinoa lentil balls) is a healthy and delicious gluten free and vegan breakfast recipe. Serve this paniyaram with coconut chutney or tomato chutney.

Author: Gayathri Ramanan

Recipe type: BREAKFAST

Cuisine: Indian

Serves: 50 small paniyaram

Ingredients

- 1 Cup of Idly Rice
- 1 Cup of Quinoa, I used red quinoa
- $\frac{1}{2}$ Cup of Urad Dal
- 1 Tsp of Fenugreek
- Salt to taste
- Oil as needed
- Water as needed

Instructions

1. Soak idly rice, quinoa, urad dal, fenugreek together in a bowl for overnight.

2. Next day, wash twice in tap water and grind it in a grinder / mixie with required water to a smooth paste. Add salt and mix well with hand.
3. Leave it outside to ferment for 5-6 hrs.
4. Add oil and pour the batter in the preheated, oil-greased kuzhi paniyaram pan (aebleskivar pan) and cook till done.
5. Turn over the paniyaram with the help of a skewer and cook the other side.
6. Remove the paniyaram from the pan after it turns golden brown color .
7. Ready to serve with tomato chutney or coconut chutney.

Notes

Best side dishes are coconut chutney and tomato chutney.

You can use any kind of quinoa to make this paniyaram.

If you don't get quinoa, replace it with thinai (foxtail millet).

You can make even dosa with the same batter.

Don't cook paniyaram in high flame, which will turn paniyaram brown and leaving uncooked on inside.

Do not leave the batter outside for more than 6 hrs. Batter will turn tangy in taste.

You can refrigerate batter for 2 days. After that it will turns sour in taste.

For a healthier version, add grated carrot and chopped spinach to the batter.

Quinoa Lentil Balls



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Tags: [quinoa kuzhi paniyaram recipe](#), [quinoa paniyaram](#), [quinoa recipes](#), [quinoa Indian recipes](#), [quinoa recipe ideas](#), [how to make quinoa paniyaram](#), [prepare quinoa paniyaram](#), [kuzhi paniyaram recipe](#), [easy quinoa recipe](#), [quinoa lentil balls](#), [healthy Indian breakfast recipes](#), [kids snacks healthy](#), [gluten free breakfast recipes](#), [vegan Indian breakfast recipe](#), [thinai paniyaram recipe](#)

Fresh Fruit Salad with Yogurt Honey Dressing

*Fruit Salad with
honey and yogurt
dressing*



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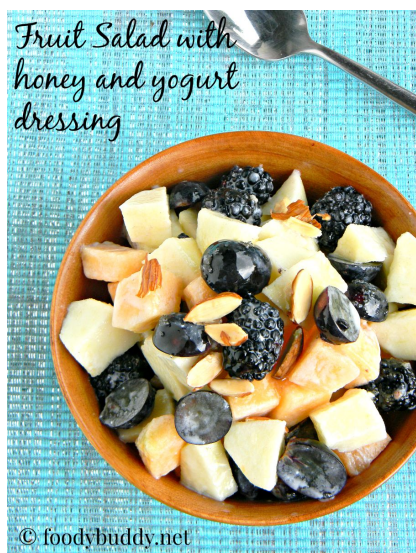
Fresh fruit salad with yogurt honey dressing is a simple to

make, healthy and refreshing salad. It was in my draft for long time so I want to post this pretty looking salad before summer ends. If you have 3 or more fruits lying in your fridge, start making this fresh fruit salad with yogurt, drizzled with honey and topped with roasted almonds. You can serve this salad for breakfast or as evening snack.

How to make Fresh Fruit Salad with Yogurt Honey Dressing

5.0 from 1 reviews

Fresh Fruit Salad with Yogurt Honey Dressing



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Prep time

5 mins

Cook time

5 mins

Total time

10 mins

Fresh Fruit Salad with Yogurt Honey Dressing is a simple to make, healthy and refreshing salad. You can serve this salad for breakfast or as evening snack.

Author: gayathri ramanan

Recipe type: Salad

Cuisine: Indian

Serves: 1

Ingredients

- 14 Oz of Cantaloupe, Cut into Cubes
- 1 Red Delicious Apple, Cut into Cubes
- 10 Blackberries, Whole
- 10 Grapes, Chopped into half
- $\frac{1}{4}$ Cup of Yogurt
- 2 Tsp of Honey or to taste
- 1 Tsp of Brown Sugar
- Salt to taste
- Few Almonds, Chopped

Instructions

1. In a small bowl, mix yogurt, honey, brown sugar and salt.
2. In another bowl, add cantaloupe, apple, blackberries and grapes. Now add the dressing to the fruits and mix well. Chill it for an 15 to 20 mins before serve.
3. Finally add chopped almonds at the top and serve.

Notes

You can use any seasonal fruits of your choice.

Adding salt enhances the sweet taste.

If you don't have brown sugar, just omit and add extra tsp of honey.

Fruit Salad



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Tags: [fruit salad](#), [fresh fruit salad](#), [fruit salad recipe](#), [how to make fruit salad at home](#), [fresh fruit salad with yogurt honey dressing](#), [fruit salad with yogurt](#), [easy salad recipe](#).

Bakery Style Thengai Bun

[Recipe / How to make Coconut Bun](#)



Coconut Bun (Bakery Style)

Time is flying, I can't believe that my blog FoodyBuddy (My best friend) turned 3 today...Happy Birthday FoodyBuddy ☐ ☐ ☐

I sincerely thank all my fellow bloggers, friends, foodies, casual visitors, family members and critiques as I progress in

this virtual world of blogging ...This certainly has enriched my life, added color and has certainly given me something useful to share back with the community . Besides sharing my recipes in 3 years of blogging, I have also learnt a lot in cooking techniques, learned many cuisines and I am trying to improve my food photography and presentation skills too ☺ Finally it is certainly a feeling of joy and satisfaction to learn that the recipes you share is appreciated by folks from the far corners of the world and I do want to thank my husband, my parents and my brother for their constant support and appreciation ...In this 3 years of blogging, am almost nearing to 500th post, won prizes and I want to thank [kumudham Snegithi](#) and [Deccan chronicle](#) for featuring my recipes this year.. Thank you everyone ☺

To enjoy this beautiful day I have posted Bakery style Thengai bun recipe / Coconut bun which is a Indian delicacy that I got introduced to as I grew up in southern India (Coimbatore). This bun is one of my favourite recipes close to my heart and it evokes nostalgic feelings of eating coconut bun in late evenings as dusk sets in . The aroma of coconut bun hot from the bakery makes my mouth salivate and eating fresh, hot bun filled with coconut flakes, sugar, tutti frutti and nuts takes one immediately to a happy place that I still cherish. Coconut bun goes well with tea (black or green) and I just want to share this recipe with everyone as it is very simple to make and also delicious.

Thengai Bun (bakery style)



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Recipe Source: Amuthiskitchen

How to make Bakery style Thengai bun Recipe / Coconut bun picture tutorial



Bakery Style Thengai Bun Recipe / How to make Thengai Bun



Coconut Bun (Bakery Style)

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Prep time
1 hour 30 mins

Cook time

25 mins

Total time

1 hour 55 mins

Bakery Style Thengai Bun Recipe / Coconut Bun / Dilkush is

Author: Gayathri Ramanan

Recipe type: baking

Cuisine: Indian

Serves: 6

Ingredients

- 1 Cup of All Purpose Flour (maida)
- $\frac{1}{4}$ Cup of Whole Wheat Flour
- 5 Tsp of Sugar
- 1 Tsp of Instant Yeast (see notes)
- $\frac{1}{2}$ Cup of Warm Milk (see notes)
- 2 Tbsp of Water
- 3 Tsp of Oil
- 2 Tsp of Butter / Ghee
- Pinch of Baking Powder
- For Filling
- $\frac{1}{2}$ Cup of Sweetened Coconut Flakes (see notes)
- 7 Tsp of Sugar
- $\frac{1}{2}$ Cup of Tutti Frutti (see notes)
- 10 Roasted Cashews
- 2 Pinches of Cardamom Powder
- 3 Tsp of Ghee / Butter

Instructions

1. In a bowl, add all purpose flour, wheat flour, sugar, oil, instant yeast and baking powder. Mix well with a fork.
2. Add warm milk, water and butter. Mix well and start kneading to form sticky dough.
3. Cover the bowl with a towel and allow it to raise for 45 mins.
4. For the stuffing, take a bowl, add coconut flakes,

sugar, tutti frutti, cashews, cardamom powder and ghee. Mix everything well. Your stuffing is ready.

5. Now divide the dough into two equal parts.
6. Grease the baking pan with ghee (clarified butter), roll / pat the one part of the dough into 8" circle and place it into baking pan.
7. Spread the stuffing evenly throughout the dough.
8. Roll the other part of the dough into 8" circle and cover the stuffing. Seal the edges completely.
9. Allow this for second rise for 30 mins. Meanwhile preheat the oven to 375 F.
10. After 30 mins, brush the dough with ghee (butter) and bake it for 25 mins until the crust turns golden brown.
11. After you take out the bun from the oven, brush it with ghee and cool it for few mins.
12. Cut into desired slices and enjoy.
13. Hot, yummy coconut bun is ready to serve with tea.

Notes

Here I used sweetened coconut flakes. If you don't have that. Use regular grated coconut, toast it in a medium flame and add extra sugar.

I used roasted cashews. If it is not available for you. Roast the cashews in ghee and add it to the stuffing.

I used instant yeast, if you don't have that. You can use any kind of yeast but proofing of yeast is must so add the yeast in warm milk for 5 mins and then add it to the flour.

Tutti frutti adds crunchy taste. If it is not available for you. Add lot of nuts and raisins.

Always add warm milk. Raw milk might kill the yeast.

Do not skip cardamom, as it adds nice flavor to the stuffing.

Dilkush Bun



Tags: [thengai bun](#), [thengai bun recipe](#), [bakery style thengai bun recipe](#), [coconut stuffed bun](#), [dilkush bun recipe](#), [coconut stuffed tutti frutti bun](#), [how to make thengai bun at home](#), [how to make coconut bun](#), [coconut stuffed bun](#), [prepare thengai bun](#), [eggless thengai bun](#), [eggless coconut bun](#), [eggless baking](#), [bun recipe](#), [thengai bun seivadhupadi](#), [thengai bun bakery style](#), [coconut bun bakery style](#)