

Samai Ven Pongal Recipe / Little Millet Pongal



Samai pongal is a healthy Indian breakfast dish. This samai ven pongal recipe (Little millet pongal) is a nutritious dish as it has got samai (little millets) and moong dal in it and it tastes more like ven pongal recipe. I made this samai pongal recipe in a pressure cooker so it takes very less time to cook. You can follow the same recipe to make kuthiravalli pongal or varagu pongal recipe.

To make samai venpongal recipe, you need samai, moong dal and

spices. Tempering with spices like pepper, cumin, grated ginger makes pongal more flavorful. My amma told this recipe, I followed so it came out so good and flavorful.

If you are looking for healthy breakfast recipe, then do try this samai ven pongal recipe at home. Also check my [godhuma rava pongal \(cracked wheat pongal\)](#)

Health Benefits of Samai (Little Millet)

- This millet is gluten free and it is packed with vitamins and minerals.
- Acts as a prebiotic and feed microflora of inner ecosystem.
- It is alkaline in nature.
- Digest quickly.
- Provides serotonin to sooth your mood.
- Helps to hydrate your colon

Ingredients for Samai Ven Pongal Recipe

- 3/4 Cup of Samai (Little Millet)
- 1/4 Cup of Moong Dal
- 3.5 Cups of water
- 1 Tsp of Grated Ginger
- 1 Tsp of Whole Pepper
- 1 Tsp of Cumin
- Few Curry Leaves
- Pinch of Hing
- Few Cashews
- 1/4 Cup of Ghee
- 2 Tbsp of Milk

Method for Samai Ven Pongal Recipe

- In a pressure cooker, add samai, moong dal, milk and water. Cook it for 4 whistles. Open the cooker after the pressure release on its own.
- Fry the cashews in ghee until it turns golden brown and keep it aside.
- Heat ghee in a pan, when it is hot, add grated ginger, pepper, cumin, curry leaves and hing, after it pops up and nice aroma comes, add cooked dal and samai and keep mixing gently in a low flame and let it be in stove for few mins.
- Finally add roasted cashews and ghee, mix well.
- Hot, yummy healthy samai pongal is ready to serve.

Tips

- If you find your pongal is dry, add little more oil or ghee.
- You can also make pongal with kuthiravalli or varagu.
- Adjust the amount of water according to your wish.
- You can even roast the moong dal before you pressure cook.
- Add any nuts of your choice.

Little Millet Pongal



MINT PARATHA RECIPE



Pudina Paratha

This green coloured mint paratha / pudhina paratha is a flavorful and tasty paratha recipe made with whole wheat flour, mint leaves, green chillies, ginger and other spices. This mint paratha recipe is very simple to make, a nice alternative to regular chapathi and it is filling for dinner. This is the first time I tried this mint chapathi, it tasted yummy with [lima beans curry](#) and [raita](#). Try this pudhina paratha at home and let me know how it turned out.

Mint Paratha Recipe / Pudhina

Paratha Recipe

Ingredients For Mint Paratha Recipe

Preparation Time: 40 mins Cooking Time: 30 mins Serves: 9 Parathas

- 2 Cups of Whole Wheat Flour
- 1/4 Tsp of Cumin Powder
- 1/2 Tsp of Flax seed Powder
- 1 Tsp of Ghee (Clarified Butter)
- 2 Tsp of Oil
- Salt as needed
- 1 Cup of Warm Water

To Saute and Grind

- 3/4 Cup of Mint Leaves
- 2 Green Chillies
- 1/2 Inch Ginger, Grated

Method for Mint Paratha Recipe

- Wash the mint leaves, green chillies and ginger. Heat a pan with oil, saute the mint leaves, ginger and green chillies for few mins. Transfer it to a blender and grind it smooth by adding little water.
- In a mixing bowl, add whole wheat flour, cumin powder, flax seed powder, salt, ghee, oil and the ground mint mixture, mix all together with a fork, now add warm water little by little, start mixing with a fork or spoon. After it cool down, Knead it into a smooth dough, keep it covered and let it rest it for 30 mins.
- Heat a pan, meanwhile divide the dough into equal parts. Roll into thick parathas and transfer it to the hot pan. Cook both the sides of paratha until brown spots appears add some oil over the parathas.

- Repeat the same process for the rest of the dough.
- Serve it with any side dish of your choice. We had with [lima beans curry](#) and [onion raita](#).

Tips

- You can use dried mint leaves too instead of fresh mint leaves.
- Add ajwain or cumin for easy digestion.
- If you don't have flax seed powder, just leave it and add cumin powder alone.



MINT PARATHA

Tags: [mint paratha](#), [mint paratha recipe](#), [pudhina paratha](#), [pudhina paratha recipe](#), [how to make mint paratha at home](#), [prepare pudhina paratha](#), [easy paratha recipe](#), [chapathi recipe](#)

AVOCADO FLAX SEED CHAPATHI RECIPE



Avocado are native to Mexico, they are also called alligator pear or butter fruit in India. Avocado is a power packed fruit which consists of 20 essential nutrients. You can make lot of recipes with avocado like guacamole, salads, sandwiches, smoothies and so on. But today I am sharing Indian Bread recipe with avocado and it is called Avocado flax seed

chapathi recipe.

Avocado flax seed chapathi recipe is very good to our health, as it contains flax seed powder In addition to avocado. Flax seeds has omega 3 fatty acids, which is good for heart. As both avocado and flax seeds has good fats and healthy to heart, so I call this chapathi – heart healthy paratha. Try to include this healthy avocado flax seed chapathi recipe in your diet for lunch or dinner. Serve this avocado chapathi with raita or dal or any subzi.

How to make Avocado Chapathi

Prep Time : 35 mins Cook Time : 30 mins Serves : 10-12
Chapathi

Ingredients for Avocado flax seed chapathi Recipe

- 2 Cups of Whole Wheat Flour
- 1 Ripe Avocado
- 1 Tsp of Flax Seed Powder
- 1/2 tsp of Cumin
- 1 Tsp of Grated Ginger
- 1/2 Tsp of Turmeric Powder
- 3/4 Tsp of Black pepper Powder
- 2 Tbsp of Oil
- Salt and water as required

Method for Avocado flax seed

chapathi Recipe

- Wash the avocado and cut into two halves and remove the seeds. Scoop out the flesh part using spoon and mash well with spoon or grind it in mixie to a smooth paste.
- In a mixing bowl, add wheat flour, mashed avocado, grated ginger, black pepper powder, flax seed powder, turmeric powder, cumin, salt and oil. Mix well with hand. Add water little by little and knead well. until you get smooth dough. Leave the dough to rest for 30 mins. Divide the dough into equally sized balls. Roll out each balls into round shape.
- Heat a pan, when it is hot, place the rolled chapathi, cook on both sides until it turns golden brown colour.
- Serve hot with raita or any subzi or dal of your choice.

Tips

- To get soft chapathi, add 1/4 cup of thick curd while kneading the flour.
- For spicy taste and additional flavour, add green chillies instead of black pepper powder.
- If you don't get flax seed powder, just leave it.
- Addition of ginger and cumin for easy digestion.



Tags : [avocado chapathi](#), [avocado roti](#), [avocado paratha](#), [avocado flax seed chapathi](#), [flax seed paratha](#), [flax seed roti](#), [chapathi recipes](#), [roti recipes](#), [northindianrotirecipes](#), [butterfruitchapathi](#), [hearthealthyindianfood](#),