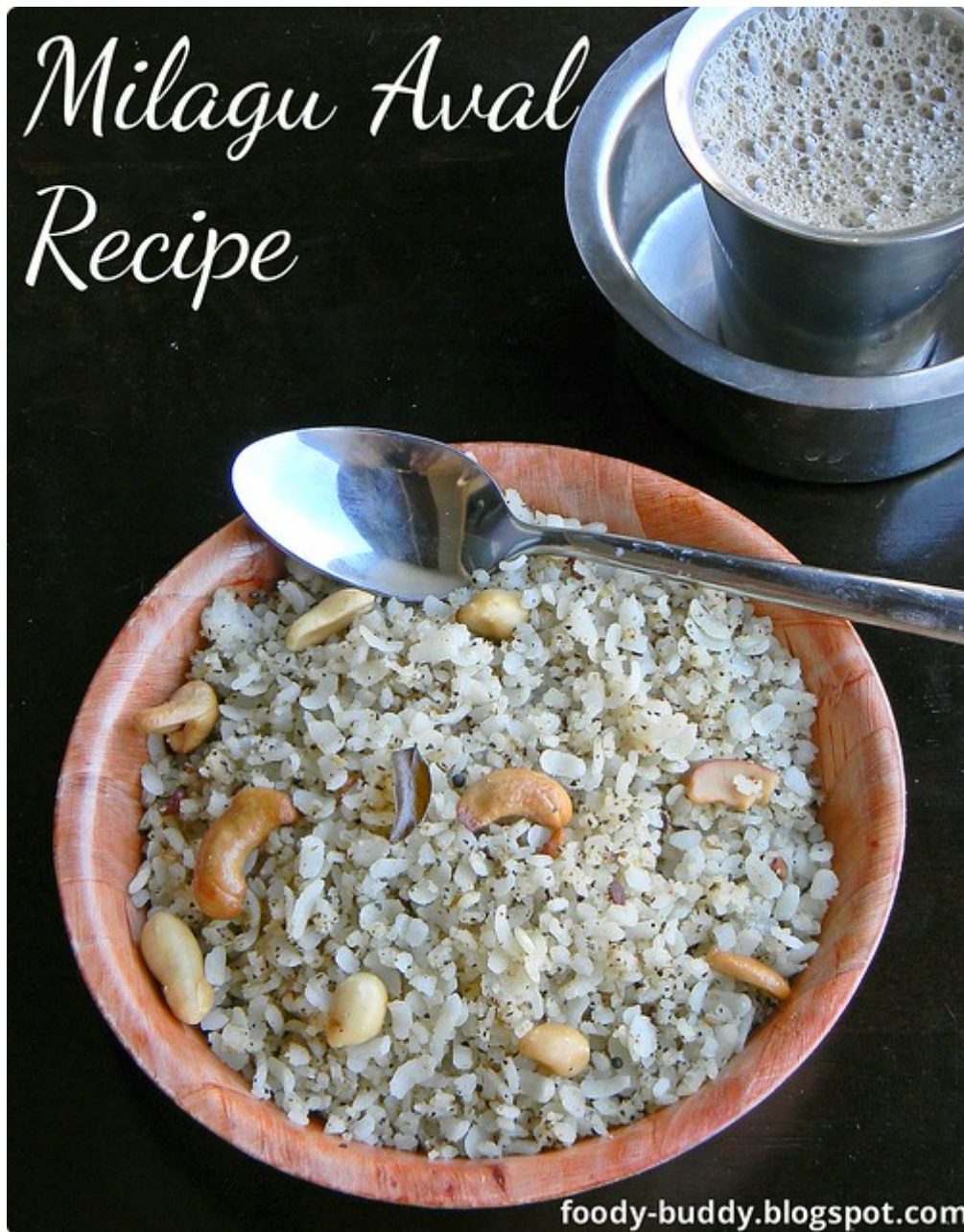


# Milagu Aval Recipe | Pepper Poha



Aval / Flattened Rice is a dehusked rice which is flattened into flat light dry flakes. They are easily digestible. Milagu aval recipe / pepper poha recipe is one of our favourite breakfast dish and I often make this for busy weekday breakfast. This milagu aval recipe is very easy which you can prepare in 10 mins with minimum ingredients and it tasted almost like ven pongal and very flavourful because of addition of pepper and cumin powder. You can also make this pepper

poha for kids for after school snack as it is very nutritious and healthy. Try this no onion no garlic upma and enjoy it with a cup of coffee. Let us learn how to make milagu aval recipe.

## Ingredients for milagu aval recipe

- 1.5 Cup of Aval / Poha / Rice Flakes
- 1/2 Tsp of Grated Ginger
- 3/4 Tsp of Black Pepper Powder
- 3/4 Tsp of Cumin Powder
- Salt to taste

### To Temper

- 1.5 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 1 Tsp of Chana Dal
- Pinch of Hing
- 1 Sprig of Curry Leaves
- Roasted Peanuts and Cashew Nuts as Needed

## Method to make milaku aval recipe

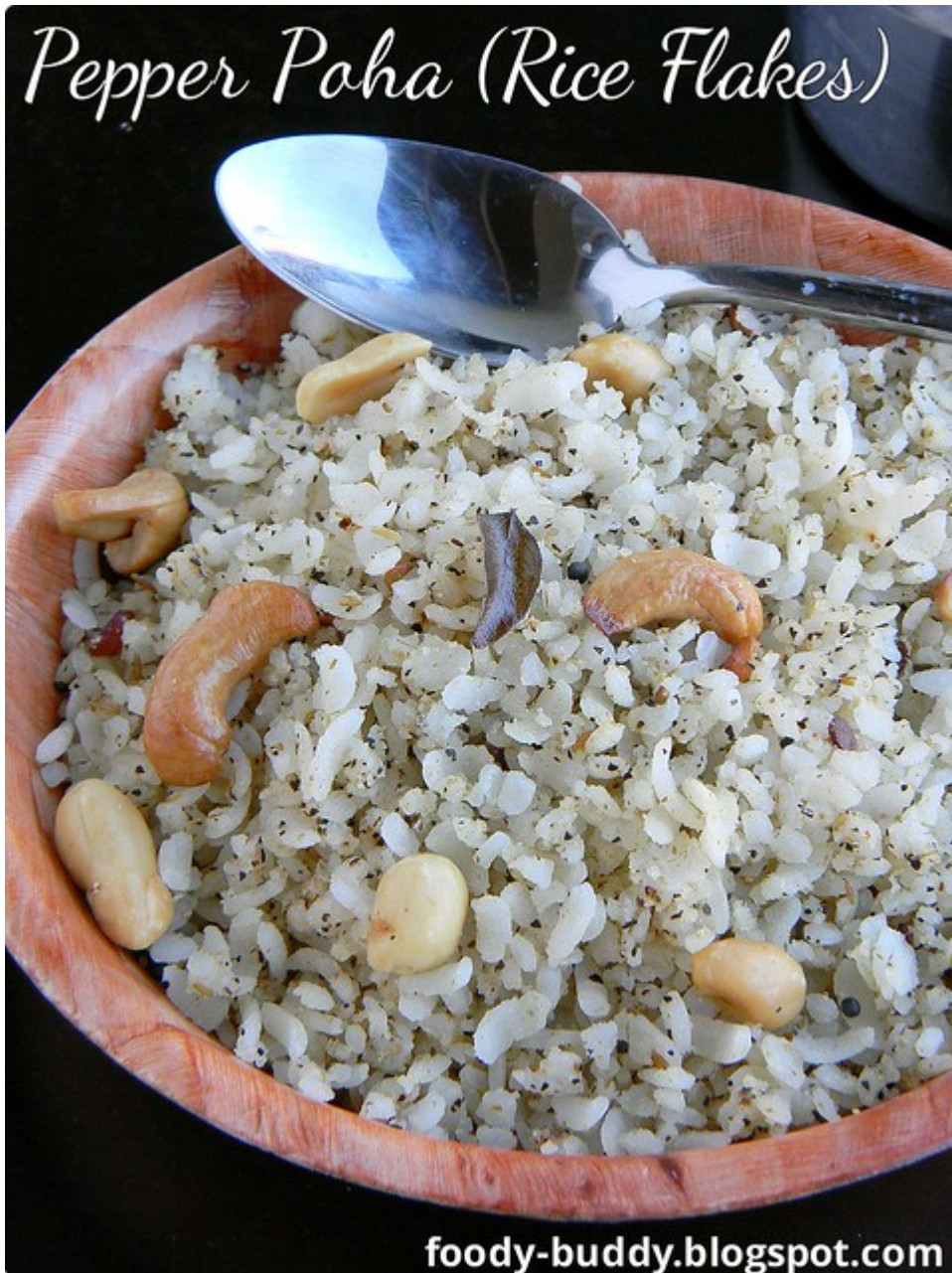
- Soak the aval in water for 2 mins. Drain the water and keep it aside.
- Heat a pan with oil, add mustard seeds, urad dal, chana dal, hing and curry leaves, after it splutters, add ginger, peanuts and cashew nuts, fry for a min. In a medium low flame, add aval (poha), fry for a min, add pepper powder, cumin powder and salt, fry this for a 1-2 mins and turn off the flame.

### Tips

- You can make it more spicy by adding red chilies and

green chilies.

- Use thick poha instead of thin poha.
- Skip the nuts, if you don't want.
- You can also use red rice flakes in place of white rice flakes.



Tags : [aval](#), [avalrecipe](#), [milaguaval](#), [milagu aval recipe](#), [poha recipe](#), [pepper poha](#), [how to make milagu aval](#), [easy breakfast Indian](#), [Indian breakfast aval](#), [flattened rice flavored with pepper](#)



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# KANCHIPURAM IDLY / KUDALAI IDLY – SOUTH INDIAN BREAKFAST RECIPE



Kanchipuram Idly / Kanjeevaram Idly / Kanchi Idly is a nice variation to regular rice idly (steamed rice cakes). The name originated from the place called Kanchipuram in Tamilnadu, famous for temples and pattu (Hand woven silk) sarees. This idly is mildly spiced and steamed. Addition of spices and ghee gives a nice aroma and taste to the idly. But these idlies are traditionally steamed in dhonnai (dried leaf cups), hence they are also called kudalai idly, which adds an extraordinary fragrance and taste to the idly. Since I didn't get dhonnai in my place, I used idly cooker to steam this Kancheepuram idly. So start your day with this protein rich healthy breakfast. It goes well with [peanut chutney](#) or [mint coconut chutney](#) or idly podi.

**Makes** : 20 Idlies

### **Ingredients**

2 Cups of Idly Rice / Raw Rice  
1 Cup of Urad Dal  
3 Tbsp of Bengal Gram / Chenna Dal  
1/2 Cup of Thick Yogurt (Curd)  
1.5 Tsp of Whole Cumin  
1.5 Tsp of Whole Pepper  
1 Green Chilly, Finely Chopped  
1 Tsp of Grated Ginger  
Handful of Curry Leaves  
2 Tbsp of Ghee (Melted Butter) / Oil  
Salt to Taste

### **Method**

- Soak the rice and dal in water separately for 3-4 hrs.
- In a blender (mixie) or grinder, wash the urad dal and grind it to a fine batter, remove it and transfer this to a bowl.

- In the same blender, grind the idly rice to a coarse consistency like rava texture. Finally add the urad dal batter to ground rice and grind it for another 5 mins. Transfer this batter to a bowl, add salt and mix well. Your batter should be thick, not watery. Let it ferment for 12 hrs. As I am in US, It took 20 hrs to ferment.
- Soak bengal gram in water for 30-40 mins, drain the water and add it to the batter. Add beaten curds, whole cumin, green chilly, whole pepper, grated ginger, ghee, and salt, mix well.
- Grease the idly plates or tumbler with oil, pour the batter to the idly plates and steam it for 20 mins. Once it done, turn off the heat and remove the idly plate, let it sit in counter top for 5 mts. Remove the idlis carefully with a spatula and serve hot with [peanut chutney](#) or [Mint Coconut Chutney](#).





### Tips

- The batter should be coarse like rava (sooji) and thick.
- Adjust the spiciness according to your taste.
- You can make idly with idly plates or tumbler or small cups or big stainless bowl or dhonnai, make sure you greased well with oil before pouring the batter.
- Here I used tumblers to make idly, just pour the batter into the tumbler and keep it in a idly plate, but you can place only one plate in a idly cooker.



- If you are using a big stainless bowl with batter, use a pressure cooker, in that case don't use weight, just cover it with lid. Finally slice it like cake and have it.



- Use fresh curd to make this idli.
- You can also saute the spices in oil, before adding them to batter.

### **Health Benefits of Rice, Urad Dal And Bengal Gram**

- Lentils are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol. A dish of rice with dal gives you carbohydrates, protein, fiber and fats for a healthy, balanced meal. The rice provides carbohydrates for quick-release energy & aids in digestion.
- Urad dal is rich in protein and good for heart.



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Kanchipuram idly

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[Raspberry Breakfast Bars /](#)  
[Healthy Breakfast Bars](#)



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Don't have time to make morning breakfast ? Prepare this breakfast bars ahead of time and take your breakfast on the go. These easy to make raspberry bars are a perfect healthy snack and are packed with all nutrients. Here I used raspberries, you can use any berries like strawberry or blueberries or blackberries to make this breakfast bars. These bars also make a great trail snack.

## **Ingredients**

### **Raspberry Filling**

3/4 Cup of Raspberries  
3 Tbsp of Sugar

- 1 Tbsp of Corn Starch
- 1 Tbsp of Lemon Juice

## **Breakfast Bars**

- 3/4 Cup of Quick Cooking Oats or Multigrain Cereal
- 1/4 cup Whole Wheat Flour
- 1/4 cup Packed Brown Sugar
- 2 Tbsp of Walnut Pieces
- 1/2 teaspoon Ground Cinnamon
- 3 Tbsp of Vegetable oil
- 1 Tbsp of Ground Flax Seed

### **Method**

#### **Raspberry Filling**

- Preheat the oven to 350°F.
- In a pan, add raspberries, sugar, cornstarch and lemon juice. Stir over medium heat until the mixture comes to a boil. Simmer and stir it for 2 minutes until the sauce gets thick. Turn off the flame.

#### **Breakfast Bars**

- In a blender or food processor, add oats, wheat flour, sugar, flax seed powder, walnuts and cinnamon. Grind it to a fine powder. Transfer this to a bowl, add oil to the mixture and mix it with spoon.

#### **Assembling the bars in a baking pan.**

- Take a baking pan, place half of the crumb mixture evenly on bottom of the pan.
- Spread raspberry filling evenly over crumbs. Again top it with remaining crumbs and pat down gently.



- Bake it for 25 minutes.
- Take out the pan from oven. Let it cool completely for 10 mins. Then cut into bars and serve.

### **Tips**

- If you don't have flax seed powder, add 1 egg instead.
- Add any nuts of your choice in place of walnuts.
- You can also try any fruits like blackberry or blueberry instead of raspberries.

### **Health Benefits of Raspberries**

- Helps to lose weight.
- Reduces cancer risk.
- Maintains the cardiovascular health.
- Enhances fertility.
- Slow aging process.
- Strengthens the immune system.

## *Raspberry Breakfast Bars*



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