

BREAD UPMA RECIPE / HOW TO MAKE BREAD UPMA



Bread upma is a popular breakfast dish which can be done in 15-20 mins. This simple and delicious upma is made with bread, onion, tomato and spices. It goes well with onion raita or a cup of coffee or tea.

Ingredients

- 4 Whole Wheat bread**
- 1/2 Cup of Chopped Onion**
- 3-4 Tbsp of Tomato Puree**
- Few Curry Leaves**
- 1 Tsp of Ginger Onion Garlic Paste**

2 Green Chillies
1/2 Tsp of Garam Masala
1 Clove
1 Cinnamon Stick
1 Bay Leaf
1/4 Tsp of Turmeric Powder
1/2 Tsp of Chilly Powder
1/2 Tsp of Fennel Seeds / Sombhu
1-2 Tsp of Ghee
2 Tsp of Oil
Few Cilantro and green onion for Garnishing

Method



Ghee Toasted Bread

- **Cut the whole wheat bread into a small slices. Keep this aside.**
- **Heat a pan with ghee, roast the bread until they get crisp and golden brown. Turn off the stove.**
- **Heat a pan with oil, add clove, cinnamon, bay leaf, curry leaves, fennel seeds, fry until it turns color and aromatic.**
- **Add onion, green chillies. Fry until it changes color.**
- **Take pan away from the stove, add turmeric powder, chilly powder. Fry for a min.**
- **Keep pan back to the stove, add ginger onion garlic**

paste, fry for 1-2 mins until raw smell vanishes.

- Add Tomato puree, little water and garam masala, fry for 1-2 mins until oil separates.
- Add bread pieces to the tomato sauce and saute well so that the bread absorbs all the sauce.
- Garnish it with cilantro and chopped green onions.
- Hot bread upma is ready to serve.

Tips

- Serve hot with onion raita.
- Adjust red chilly powder according to your taste
- Add any vegetables of your choice.
- You can also add lemon juice, for extra tanginess.



Health Benefits of Whole Wheat Bread

- Wheat bread are rich in dietary fiber.

- Controls blood sugar level.
- Provides longing lasting fullness to the stomach.
- Lowers the blood cholesterol.

Eggless Blueberry Pancake



Pancakes are flat bread enjoyed by cultures around the world. But recipes vary one country to other country. In United States and Canada, pancakes are served for breakfast while in Europe, they serve pancakes as desserts or even side

dishes. Pancakes can be eaten as plain, with butter or sprinkled with maple syrup or honey or filled with fruits. Pancakes are a truly universal and enjoyable treat.

Ingredients

1 Cup of All Purpose Flour
1/2 Cup of Blueberry
1 Tsp of Sugar
1/4 Tsp of Cinnamon
2 Tsp of Baking Powder
1 Cup of Milk
1/4 Tsp of Salt
1 Tbsp of Vegetable Oil
1 Tbsp of Water
1 Tsp of vanilla Extract
2 Tbsp of Butter

Method



- In a bowl, mix all the dry ingredients (all purpose flour, sugar, cinnamon, baking powder and salt)
- In another bowl, mix all wet ingredients (milk,

vegetable oil, vanilla extract)

- Stir in the wet ingredients to the dry ingredients. Add butter and blueberry to the batter, stir well and Keep it aside for 2 minutes.



- In a medium heat, heat a griddle, when it is hot, pour a ladleful of batter on the pan. Cook until bubbles appears.
- Carefully flip the pancake and cook until it turns to golden brown.
- Soft, fluffy pancake is ready [[f9.laugh]] [[f9.laugh]]



Tips

- Pancake are not sweet by itself. Always serve it with maple syrup or honey.
- Don't keep the pan in high flame, when you cook the pancake.
- You can add any nuts or fruit of your choice.

Health Benefits of Blueberry pancake

- Highest antioxidant capacity of all fresh fruit.
- Aids in reducing belly fat.
- Good for brain health and vision.



EGGLESS BLUEBERRY PANCAKE

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

Recipe Source : Eggless Cooking

[Matta Rice Flakes Upma /](#)
[Sivappu Arisi Aval Upma](#)



Matta rice is an indigenous rice grown in palakad district of Kerala. Matta rice flakes are typically used in Kerala cuisine. Healthy alternative to white rice flakes, having a high nutritional contents. This is a healthy breakfast recipe for kids and adults.

Ingredients

- 1 Cup of Matta Rice Flakes**
- 1/2 Cup of Finely Chopped Onion**
- 2 Tbsp of Grated Coconut**
- Few Curry Leaves**
- 2 Red Chillies or Green Chillies**
- 2 Tbsp of Roasted Peanuts**
- Pinch of Asafoetida**
- 1 Tsp of Mustard**
- 1 Tsp of Urad Dal**
- Oil and salt as needed**

Method



- Soak matta rice flakes in water for 3 mins.
- Heat a pan with oil, add red chillies, let it turn brown. To oil, add mustard, urad dal, asafoetida, curry leaves, onions (add one by one) fry for a 1-2 mins.
- Add roasted peanuts and fry for a min.
- In a medium flame, add soaked matta rice flakes, salt and fry for 1-2 mins.
- Finally add grated coconut, mix well and switch off the stove.
- Serve immediately with onion raita.

Tips

- Don't over soak the rice flakes, it will turn soggy while cooking.
- Adding peanuts are optional.
- You can follow the same recipe with white rice flakes.
- Soaking time for white flakes is 2 mins.
- You can add any vegetables of your choice.

Matta Rice Flakes Upma



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Health Benefits of Matta Rice Flakes

- Matta rice flakes are very good for the people with heart disease, diabetes and weight loss.
- Low in cholesterol, high in fiber, vitamins and minerals.