

# Godhuma Rava Pongal Recipe / Cracked Wheat Pongal



Godhuma Rava Pongal Recipe / Cracked Wheat Pongal / Broken Wheat pongal is a healthy breakfast dish for kids and adults. This wheat rava pongal is prepared with cracked wheat, moong dal spiced up with ginger, green chilly, pepper and cumin. This dish is very good for diabetes patients. You can have this samba rava pongal for breakfast or lunch or dinner, they are very filling and satisfying. I am not a upma lover and I particularly hate godhuma rava (cracked wheat ) upma when I was a kid. As cracked wheat are good for health so my mom makes [cracked wheat payasam](#) or pongal made with broken wheat once in a while. I enjoy to eat it as pongal because it tastes really yummy when compare to regular [venpongal \(ghee pongal\)](#). Serve this pongal with sambar or coconut chutney.

Also check my other pongal recipes – [oats pongal](#), [venpongal](#), [sweet pongal](#), [rava pongal](#), [samai \(little millet\) pongal](#), [kalkandu pongal \(rock candy pongal\)](#)

## How to make Godhuma Rava Pongal Recipe

Godhuma Rava Pongal Recipe / Cracked Wheat Pongal



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Prep time

5 mins

Cook time

30 mins

Total time

35 mins

Godhuma Rava Pongal Recipe / Cracked Wheat Pongal is a healthy breakfast dish good for diabetes people. It goes well with sambar and chutney.

Author: Gayathri Ramanan

Recipe type: Breakfast

Cuisine: Indian

Serves: 2

Ingredients

- $\frac{3}{4}$  Cup of Cracked wheat / Broken wheat / Godhuma rava
- $\frac{1}{4}$  Cup of Yellow Moong dal
- 2 Tbsp of Ginger (Crushed)

- 1 Tsp of Black Pepper
- 1 Green Chilly
- 1.5 Tsp of Cumin
- Pinch of Asafoetida
- 2-3 Tsp of Ghee
- 2 Tsp of Oil
- Salt to taste

## Instructions

1. Soak moong dal in water for 15 mins. Drain the water and wash it twice.
2. In a pressure cooker, add dal, roast it without oil, add 1.5 cups of water and cook it for 3 whistles.
3. Heat water in a pan. On the other side, heat another pan with oil and ghee, when it is hot, add ginger, green chilly, asafoetida, pepper and cumin, after it pops up.
4. Add cracked wheat, fry it for few secs.
5. Now add boiled water, stir well like we do for upma.
6. After all water got absorbed, add cooked moong dal, salt and mix everything well. Cook it for 2 mins, finally add a tsp of ghee and cashews. Mix well and remove from heat.
7. Godhuma rava pongal is ready to serve with sambar or coconut chutney.

## Notes

Add any vegetables of your choice to make it healthy.  
If you love you can add turmeric powder to this pongal.  
Adding ghee gives a nice taste.



Tags: [cracked wheat pongal recipe](#), [godhuma rava pongal](#), [godhuma rava pongal recipe](#), [broken wheat pongal](#) [wheat rava pongal](#), [samba godhumai pongal](#), [pongala recipe for breakfast](#), [south indian breakfast recipe](#), [easy breakfast recipe](#), [diabetic pongal recipe](#).

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# QUINOA PESARATTU RECIPE / THINAI PESARATTU



## QUINOA PESARATTU

Quinoa Pesarattu Recipe / Thinai pesarattu / Foxtail Millet Pesarattu is a simply delicious and healthy south Indian breakfast dish loaded with lot of proteins and low in carbs. It goes well with [tomato chutney](#) or any chutney of your choice. I had it with coconut chutney. There are different kinds of quinoa available in market. Here I used Red Quinoa, you can also use white quinoa. This non fermentation dosa is prepared with quinoa and green moong dal spiced up with green chilly and ginger. You can have this [pesarattu](#) for both

dinner or breakfast. Also check my other quinoa recipes – [quinoa vegetable biryani](#), [quinoa dosa](#), [quinoa paniyaram](#)

## How to make Quinoa Pesarattu Recipe

QUINOA PESARATTU RECIPE / THINAI PESARATTU



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Prep time

8 hours

Cook time

30 mins

Total time

8 hours 30 mins

Quinoa Pesarattu recipe /Thinai (foxtail millet) pesarattu is a simple delicious and healthy south Indian breakfast dish loaded with proteins and low in carbs. It goes well with tomato or any chutney of your choice.

Author: Gayathri Ramanan

Recipe type: BRAKFAST

Cuisine: Indian

Serves: 8

Ingredients

- ½ Cup of Red Quinoa
- ½ Cup of Green Moong Dal
- 1 Inch of Ginger
- 2 Green Chilly
- 1 Tbsp of Rice Flour
- 1 Tsp of Roasted Cumin

- 1 Onion, Finely chopped
- Pinch of Asafoetida
- Salt to taste
- Few Coriander Leaves, Chopped
- Water as needed

## Instructions

1. Soak both moong dal and quinoa in water for overnight.
2. Drain the water and wash it. Grind it into a fine paste along with ginger and green chilly.
3. Chop the onion. Add onion, rice flour, asafoetida, roasted cumin, salt and coriander leaves to the batter. Mix well.
4. The batter should neither be too thick nor too thin. It should be in dosa batter consistency.
5. Heat a dosa pan, take the laddleful of batter, pour it in the centre, spread it in a circular motion. Drizzle a tsp of oil around pesarattu. Flip it to the other side. Drizzle another tsp of oil to it.
6. Once cooked remove it from dosa pan. Repeat the same process for the rest of the batter.
7. Serve hot with any favourite chutney.

## Notes

You can replace thinai (foxtail millet) in place of quinoa. Use either red chilly or green chilly for spicy taste.

# THINAI PESARATTU



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Tags: [quinoa pesarattu recipe](#), [thinai pesarattu](#), [foxtail millet pesarattu recipe](#), [how to make quinoa pesarattu recipe](#), [easy breakfast recipe](#), [healthy dinner recipe](#), [pesarattu recipe](#), [quinoa recipes](#), [quinoa breakfast recipe](#).

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## [Easy Mango Coconut Muffins](#)



# Recipe / Eggless Cupcakes



Easy mango coconut muffins recipe is a simple to make, yummy cupcakes made with mango and coconut. Adding mango gives moisture, flavor and sweetness, the light crunchiness from coconut works great together. They are perfect breakfast muffin with no eggs and butter, it takes only 30 minutes to get yummy muffins. For breakfast or snack, nothing can beat mango muffins. Try this mango coconut muffin recipe and let me know your feedback. Also check my other cupcake recipes in my blog – [eggless blueberry muffins](#), [oat bran muffins](#), [eggless cranberry orange muffins](#), [eggless vanilla cupcakes](#), [eggless chocolate muffins](#).

# **Easy mango coconut muffins recipe**

## Easy Mango Coconut Muffins Recipe



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Prep time

10 mins

Cook time

30 mins

Total time

40 mins

Easy Mango Coconut Muffins Recipe is a delicious and flavorful cupcake made with mangoes and coconut. You can have it for breakfast or as evening tea time snack.

Author: Gayathri Ramanan

Recipe type: eggless baking

Cuisine: American

Serves: 8

Ingredients

- $\frac{1}{2}$  Cup of Whole Wheat Flour
- $\frac{1}{2}$  Cup of All Purpose Flour (maida)
- $\frac{1}{2}$  Tbsp of Baking Powder
- $\frac{1}{2}$  Tbsp of Flax Seed Powder
- $\frac{1}{2}$  Cup of Sugar (brown or white)

- $\frac{1}{2}$  Cup of Shredded Coconut
- 5 Cardamom, Crushed
- 1 Small Mango
- 3 Tbsp of Oil, I used canola
- $\frac{1}{3}$  cup + 2 Tbsp of Milk
- Pinch of salt

## Instructions

1. Preheat the oven to 375 F.
2. Wash and chop the mango, grind this in a mixie to a puree.
3. In a mixing bowl, add all the ingredients, mix well thoroughly.
4. Meanwhile place the muffin liners in the muffin pan and pour the batter to the muffin liners in the muffin pan and keep it ready.
5. Bake in preheated oven at 375 degree F for 27-30 mins. Check it by inserting fork or tooth prick in the center of the muffin, if it comes out clean, then your muffin is ready.
6. Allow the muffin to cool down for 10mins, then carefully take it out from the pan and enjoy your coconut mango muffin for breakfast.

## Notes

Don't keep the batter to sit for long time after mixing, as baking powder reacts faster and makes your muffin harder.

If you don't have muffin liner, just grease the pan with some oil.

You can add nuts to the batter.



Tags: [Easy mango coconut muffins recipe](#), [mango coconut muffins recipe](#), [mango muffins recipe](#), [coconut muffins recipe](#), [how to make mango coconut muffins recipe](#), [kids muffins recipe](#), [cupcake recipes](#).