

Red Aval Mixture Recipe / Guilt Free Diwali Snacks



Red Aval Mixture

Red Aval Mixture Recipe / Poha Chivda Recipe is a crispy and yummy snack, a nice alternative to deep fried snacks. They are very healthy as I used red aval (rice flakes) and pan fried all the ingredients. There are two varieties of rice flakes, one is thin variety and other one is thick variety. Here I used thin rice flakes to make this wonderful mixture. If you

don't have snacks but if you want something to munch for evening snacks, you should try this guilt free snack (aval mixture), they are very easy to make in very less time and they are good for you. Even beginner and bachelor can make this simple mixture for diwali. Also check [cornflakes mixture recipe](#) in my blog.

How to make Red Aval Mixture Recipe / Poha Chivda Recipe

Red Aval Mixture Recipe / Guilt Free Diwali Snacks



[Save](#) [Print](#)

Prep time

5 mins

Cook time

15 mins

Total time

20 mins

Red Aval Mixture Recipe / Poha Chivda Recipe / Guilt Free Diwali Snacks is a crispy healthy snack, an alternative to deep fried snacks. Goes well with tea.

Author: Gayathri Ramanan

Recipe type: snacks

Cuisine: Indian

Serves: 2

Ingredients

- Ingredients

- 1 Cup of Red Aval / Red Poha / Red Rice Flakes(thin)
- 2 Tbsp of Pottukadalai / Roasted Gram
- 2 Tbsp of Roasted Peanuts
- 10 Roasted Cashews
- 5 Raisins
- Pinch of Sugar
- $\frac{1}{4}$ Tsp of Turmeric Powder
- $\frac{1}{2}$ Tsp of Red Chilly Powder
- Salt to taste
- 1-2 Tbsp of Oil
- Pinch of Asafoetida
- Few Curry Leaves

Instructions

1. Take all your ingredients in a plate.
2. Heat a pan with a tsp of oil, roast the pottukadalai, curry leaves and roasted peanuts until it turns golden brown. Remove and keep it in a plate
3. Heat the same pan with a tsp of oil, add red aval, turmeric powder, asafoetida, red chilly powder, sugar and salt, roast it for 2 mins until it turns crisp. Remove and transfer it to a plate.
4. Heat the same pan with oil, add cashews and raisins, roast it until it turns golden brown. Remove and transfer it to a plate.
5. Mix everything in a plate and toss it well.
6. Aval mixture (poha chivda) is ready.
7. Cool them and store it in an airtight container.
8. Serve it with tea or coffee

Notes

Here I used roasted peanuts so I fried along with roasted gram.

If you are using raw peanuts, fry it separately in oil.

Raisins add a sweeter note dont avoid it.

If you want even more tastier, deep fry everything in oil.

Curry leaves adds a nice flavor to this dish.

You can also add some grated potatoes, deep fry it in oil and

add it to the mixture.

Fry everything in a medium flame.

You can also add some coconut if you want.

Adjust red chilly powder and salt according to your taste.

© foodybuddy.net



Poha Chivda

Tags: [aval mixture](#), [Red aval mixture recipe](#), [how to make aval mixture recipe](#), [guilt free diwali snacks](#), [guilt free snacks](#), [prepare aval mixture recipe](#), [crispy aval mixture recipe](#), [poha chivda](#), [poha chivda recipe](#), [how to make poha chivda](#), [easy diwali snacks](#), [kids snacks recipe](#), [weight loss snacks](#).

Mini Badhusha Recipe / Diwali Sweet Recipe



Badhusha is a super flaky popular Indian sweet loved by everyone because of its mild sweetness. This classic dessert is also called BALUSHAHI in northern part of India. It is prepared during festival occasions like diwali and other occasion like wedding. Badhusha is my amma's favourite sweet.

It has got crispy outer covering and flaky, juicy and soft inner part. Five years back, when I first tried donut in US, it tasted almost like badhusha ☐ , same ingredients like all

purpose flour, sugar and butter is used so obviously same taste ☐ This post is very special to me, as it was made by **my mom (amma)** for my blog and the photo was clicked by **my sister in law**. This is a bite sized mini badhusa. This is my amma's second guest post. Last year, my mom made a easy diwali sweet recipe, [rava kesari](#) for my blog. Mini badhusa recipe is not that difficult sweet, so give it try for coming diwali, you will love it ☐ .



[How to make Mini Badhusa Recipe](#)



4.7 from 3 reviews

Mini Badhusha Recipe / Diwali Sweet Recipe



[Save](#) [Print](#)

Prep time

1 hour 20 mins

Cook time

30 mins

Total time

1 hour 50 mins

Author: Gayathri Ramanan

Recipe type: sweet

Cuisine: Indian

Serves: 10

Ingredients

- 1 cup of Maida(All purpose flour)
- $\frac{1}{4}$ Cup of Curd (yogurt)
- $\frac{1}{4}$ Cup of Ghee or Butter
- 1 Tsp of Sugar
- Pinch of Baking Soda
- Pinch of Salt
- To make sugar syrup
- $\frac{1}{2}$ cup of Sugar
- Water to immerse the sugar
- 1 Tsp of Lemon Juice
- 2 Pinches of cardamom powder

Instructions

1. In a bowl, add curd, ghee, sugar, salt and soda, mix well with whisk.
2. To that, add maida, mix well with hand, add water little by little and make into a smooth dough. Keep it aside for an hour.
3. Divide into equally sized small balls out of the dough and gently press it in the middle to form a depression. or you can make decorative ends as swirls.
4. Meanwhile, heat oil to deep fry, when it is hot (350 F), add pinch of dough it it rises up immediately then you are good to go, in a medium flame, gently put the badhusha into hot oil and cook both sides until it turns brown colour and shh sounds disappears. Follow the same method for the remaining badhusha.
5. To prepare sugar syrup
6. Heat a pan with water and sugar, boil it for few mins until you get single strand consistency, add cardamom

powder, lemon juice and mix well. Dip well the fried badhusha in sugar syrup on both sides, keep immersed for 2 mins then transfer it to a plate and enjoy.

Notes

You have to dip the badhusha when it is hot and keep the badhusha in syrup until you fry the second one..similarly do it for the rest of the badhusha

Do not fry the badhusha in high flame the inside won't get cooked.

Lemon juice is added to prevent crystallization of sugar.

you can double or triple the recipe as you prefer.

You can also add saffron to the sugar syrup, if you like.



Tags: [badhusha recipe](#), [mini badhusha recipe](#), [balushahi recipe](#), [badhusha seivadhu epadi](#), [how to make badhusha at home](#), [prepare badhusha recipe at home](#), [easy diwali sweets recipe](#) [diwali 2015 recipe](#)

MASAL VADAI RECIPE / KADALAI PARUPPU VADAI / AAMA VADAI



Masal Vadai / Masala vadai / paruppu vadai / aama vadai is a popular South Indian addictive snack. In south Indian homes, during festival occasions, they make either [urad dal vada](#) or paruppu vadai. To make this masal vadai, you need channa dal and other ingredients like fennel seeds, ginger, garlic, onion and coriander leaves . I am not a big fan for this vadai, but I like it so once in a while I make it at home. Two yrs back in my in-laws house, they had a cook, she makes the best tea kadai style masala vadai for [mor kulambu](#). I would say it was a tastiest vadai I ever tasted in my life. Next time, when I

meet her, I should get a recipe from her. Also I love the masala vadai in Kovai Express train, which runs from chennai to coimbatore. When the vendor sells vadai and cross our seats, the aroma itself makes us hungry. We often travel in that train, when ever we travel, my father buy that vadai for us, it will be palm size, big vadai with lots of onions, both my parents love that paruppu vadai. We usually we don't eat snacks from outside but this is an exception. This aama vadai goes well with evening tea or as side dish for any variety rice like [lemon rice](#) or [tamarind rice](#) or [tomato rice](#) or [curd rice](#). If you got leftover vadai, you can make an another fabulous dish called [vada curry](#) which I have posted in my blog, check that for recipe. It goes well with [idly](#) or [dosa](#).

How to make Masal vadai recipe/ Paruppu vadai / Aama Vadai

5.0 from 1 reviews

MASAL VADAI RECIPE / KADALAI PARUPPU VADAI / AAMA VADAI



[Save Print](#)

Prep time

3 hours 10 mins

Cook time

30 mins

Total time

3 hours 40 mins

Masal Vadai / Masala vadai / paruppu vadai / aama vadai is a popular South Indian delicious snack. This aama vadai goes well with evening tea or as side dish for any variety rice like lemon rice or tamarind rice or tomato rice or curd rice.

Author: Gayathri Ramanan

Recipe type: snacks

Cuisine: Indian

Serves: 7

Ingredients

- $\frac{1}{3}$ Cup of Channa Dal (Bengal gram / Kadalai paruppu)
- $\frac{1}{2}$ Inch of Ginger
- 2 Garlic cloves
- 2 Red Chilly
- 8 Small Onions, Finally Chopped
- $\frac{1}{2}$ Tsp of Fennel Seeds
- $\frac{1}{4}$ Tsp of Asafoetida
- $\frac{1}{2}$ Tbsp of Rice Flour
- Few Coriander Leaves
- Few Curry Leaves
- Salt to taste

Instructions

1. Soak the channa dal for 3 hrs, wash it twice in tap water and keep it aside.
2. In a mixie jar (blender), add all the channa dal (Leave 1 tbsp of Channa dal in a bowl), ginger, garlic, red chili and salt. Grind this coarsely, sprinkle very little water, make sure it should be thick. Transfer the mixture to a bowl, add that whole 1 tbsp of channa dal, chopped onion, fennel seeds, asafoetida, rice flour, salt, coriander leaves and curry leaves. Mix everything together, do not add water. The batter should be thick and crumbly.
3. Heat oil in a pan to deep fry.
4. Keep a bowl with water, wet your hands and make a lemon

sized balls out of the mixture and keep the ball in your palm of your left hand and flatten it with your right hand.

5. When the oil is hot, add the vadai, fry it in a medium flame on both sides until it turns golden brown colour. Drain it in a paper towel.
6. Hot, yummy paruppu vadai is ready to eat with tea.

Notes

If you are a spicy lover, add lot of green chilly in place of red chilly.

Rice flour is added for binding.

Adding ginger, asafoetida and fennel seeds is for easy digestion.

If your vada batter is dry, sprinkle little water.

If your batter is wet, add little more rice flour.

Always cook in a medium flame. If you cook in high flame, the inner part won'tt get cooked and it tastes raw.

If you have mint, you can add that too.

You can also make vadai with big onions.

Masal Vadai



© foodybuddy.net

Tags: [masal vadai](#), [masala vadai](#), [kadalai paruppu vadai](#), [aama vadai](#), [paruppu vadai recipe](#), [how to make masala vadai](#), [masala vadai recipe](#), [prepare masala vadai at home](#), [masal vadai recipe](#), [tea kadal style masala vadai recipe](#), [masala vadai in tamil](#), [easy vadai recipes](#), [south indian snack](#), [evening snack](#), [kids recipe](#)., [diwali recipes](#)