

**Baked Wheat Biscuits /**  
**Healthy Khara Biscuit (Low**  
**Fat)**

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## **BAKED WHEAT BISCUITS (LOW FAT)**

This easy, low-fat baked wheat biscuits are so addictive, yummy and healthy snacks for kids and adults. Do you like Maida biscuits / Diamond cuts ? Then you will love this tiny,

cute savory crackers for sure. In this wheat biscuit recipe, I replaced maida with wheat and then I baked with oil instead of butter. I already posted deep-fried method of [savory maida biscuits](#). This baked wheat biscuit is my all time favourite tea time snack. This is my recipe and it is a guilt free snack. If you are looking for vegan snack then try this low-fat khara biscuit for any occasion and let me know how it turned out.

## How to make Baked Wheat Biscuits (Low Fat)

# Ingredients for Baked Wheat Biscuits

- 3/4 Cup of Wheat Flour
- 1/2 Cup of All Purpose Flour (Maida)
  - 1/4 Cup of Canola Oil
  - 1/2 Tsp of Garlic Powder
- 2 Tsp of Red Chilly Powder
  - 2 Tsp of Cumin Seeds
- 1/2 Tsp of Baking Powder
  - Salt to taste
  - Water as needed

## Method for Baked Wheat Biscuits

- In a bowl, mix all the ingredients, add water little by little and make a smooth dough. Cover the dough and leave it for 15 – 30 mins.
- Knead it again and divide the dough into equal parts. Take a ball and roll into a thin circle as possible.
- Take a knife or pizza cutter cut the circle in the form of square like cut vertically first and then horizontally. Carefully separate them and keep them ready. Repeat the same process for the rest of the circles.
  - Preheat the oven to 350° F.
- Grease the plate with oil and place the biscuits by leaving some gap.
  - Bake it for 12 mins.
  - Hot, delicious wheat biscuits are ready to munch.

## Tips

- You can use either 1 and 1/4 cup of all-purpose flour or use 1/2 maida and 3/4 cup wheat like I did.
- Adjust the amount of red chilly powder and salt according to your taste.
  - Use any vegetable oil instead of canola oil.
  - Don't have garlic powder, use garlic paste instead
  - Always keep an eye on the oven while baking.
- If you want your biscuits to be on brown shade. Bake it until 15 mins.

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## **HEALTHY KHARA BISCUITS (BAKED & LOW FAT)**

Tags: [baking goodies](#), [eggless baking](#), [whole wheat biscuits](#), [baked wheat biscuits](#), [healthy khara biscuit](#), [healthy kids snacks](#), [whole wheat baking](#), [biscuit recipes](#), [low fat savory crackers](#)

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# Mushroom Idly Fry / Leftover Idly Recipe



## Leftover Idly Fry With Mushroom

Mushroom Idly Fry is simple and quick to make south Indian breakfast dish with leftover idly. To enhance nutrition of this dish, I added some mushroom and green onion. You can also

give this leftover idly fry as snacks for kids or adults. This is my amma (mom's) recipe. Me and my brother love this idly upma for evening snack. So try this leftover idly recipe with mushroom at home and let me know how it turned out.

## How to make Leftover Idly Recipe With Mushroom

### **Ingredients for Mushroom Idly Fry**

**Preparation Time : 5 mins    Cooking Time : 10 mins    Serves : 1**

- 3 Idly, Big
- 1 Red Onion, Chopped
- 2 Tomatoes, Chopped
- 3 Mushroom, Sliced
- 2 Tsp of Sambhar Powder
  - Salt to taste
  - 1 Tsp of Ghee
- 1 Green Onion, Chopped

#### **To Temper**

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
  - 1 Tsp of Urad Dal
  - Few Curry Leaves

### **Method for Mushroom Idly Fry**

- Using knife, cut the idly into cube shapes.
- Heat pan with ghee, fry the idly for a min and keep it aside.
- Heat a pan with oil, add mustard seeds, urad dal and curry leaves, after it splutters, add onion and salt, fry well until it turns golden brown. Add mushroom, fry for few secs.
  - Add sambhar powder, fry for few secs.
  - Add tomatoes, fry well until it turns mushy.
- Add water, boil it for few secs, add fried idly, mix well with masala. Finally garnish with green onion.
- Delicious idly fry are ready to serve.

#### **Tips**

- If you dont have sambhar powder, use 2 tsp of coriander powder, 1 Tsp of red chilly powder and 1/2 tsp of turmeric powder.
- If you wish, you can deep fry the idly in oil or ghee instead of shallow frying.
  - Add any vegetables of your choice.

# Mushroom Idly Fry



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Tags: [idly upma](#), [idly fry recipe](#), [mushroom idly fry](#), [leftover idly recipe with mushroom](#), [mushroom recipes](#), [idly recipes](#), [upma recipe](#), [south indian food](#), [south indian breakfast recipe](#), [easy upma recipe](#).

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**Gooseberry Rice / Nellikai  
Sadham Recipe / Amla Rice**

# Gooseberry Rice



Gooseberry rice / Nellikai sadham / Amla rice / Usirikkai Annam is a simple to make one pot meal, high in vitamin content and it has lot of health benefits like enhances fertility, fortifies

liver, balances stomach acid, good for lungs, hair and heart, reduces cholesterol and blood sugar. When I was in India last year, every week my mom used to make this [Amla juice](#) for me, I already posted the recipe for that. The taste of amla rice is very similiar to [lemon rice](#). Try nellikai sadham recipe at home and let me know how it turned out.

## How to make Gooseberry Rice Recipe

### **Ingredients for Gooseberry Rice**

- 1 Cup of Cooked Rice
- 1/4 Cup of Gooseberry, Grated
- 1 Tbsp of Coconut, Grated
  - 1/2 Tsp of Ginger
  - Salt to taste

#### **To Temper**

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
  - 1 Tsp of Urad Dal
  - 1 Tsp of Chana Dal
    - 2 Red Chilies
    - Few Curry Leaves
    - Few Peanuts, Fried
    - Pinch of Asafoetida
- 1/4 Tsp of Turmeric Powder

### **Method for Gooseberry Rice**

- Wash gooseberry and grate it using grater. Discards the seeds and set it aside.
- Heat a pan with oil, add all the ingredients listed under " To Temper List". After mustard seeds splutters and fry till turns golden brown.
  - Add grated gooseberry, ginger and coconut, saute for 2 mins.
- Turn off the stove and add cooked rice, mix gently by adding little oil and salt.
  - Hot, tangy gooseberry rice are ready to serve.

#### **Tips**

- Serve it with papad or any vegetable fry.
- You can also use leftover rice to make this rice.
- For tempering, add green chilies in place of red chilies.
- If you like onion and garlic, add it while tempering.



## Nellikai Sadham

Tags : [gooseberry rice](#), [amla rice](#), [nellikai sadham recipe](#), [how to make amla rice recipe](#), [prepare gooseberry rice](#), [gooseberry recipe](#), [easy gooseberry rice](#), [amla recipe](#), [nellikai sadham](#), [easy one pot meal](#), [variety rice recipe](#), [rice dishes for lunch box](#).