

# {South Indian Breakfast Recipes}

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## Upma Varities and Kozhukkattai



- Milagu Aval
- Mushroom Idly Fry
- Thayir Semiya
- Vermicilli (Semiya) Biryani
- Savory Semolina Cake(Eggless)
- Multicoloured Oats Upma
- Bread Upma
- Matta Rice Flakes/Sigappu Arisi Aval Upma
- Puli Aval
- Ragi Semiya Upma
- Red Aval Kollukattai
- Sweet Aval Kozhukkattai
- Ellu Kozhukkattai
- Sigappu Arisi (Red Rice) Kara Kozhukkattai
- Sigappu Arisi (Red Rice) Sweet Kozhukkattai
- Chocolate Coconut Modak
- Sprouted Green Gram Mani Kozhukkattai
- Pancha Khadya Modak

- Peanut Coconut Kozhukattai
- Kerala Style Puttu Recipe (Red Rice Flour)
- Ulundhu Kali / Urad Dal Kali
- Vendhaya (fenugreek) Kali
- Ragi Koozh (Finger millet porridge)

## Roti / Chapathi / Paratha



- Parotta (Tamilnadu style) – video
- Butter Garlic Cilantro Naan without yeast
- Chole Bhatura
- Aloo Paratha
- Soft Phulka – video
- Soft Layered Square Chapathi
- Mooli Paratha
- Spinach Laccha Paratha
- Mint Paratha
- Roomali Roti
- Missi Roti
- Methi Roti
- Bajra Spinach Roti
- Coconut Paratha
- Avocado Chapathi
- Makki Ki Roti
- Mixed Vegetable Paratha
- Onion Stuffed Paratha
- Poori
- Methi Poori
- Multigrain Chapathi
- Chapathi Vegetable Noodles

## Dosa / Idly / Paniyaram



- Kanchipuram Idly
- Vendaya Idli (Fenugreek Idly)
- Rava Idly
- Samai Idly (little millet idly)
- Kuzhi Paniyaram
- Quinoa Paniyaram
- Oats Paniyaram
- Rava Paniyaram
- Idiyappam
- Lemon Idiyappam
- Whole Wheat Idiyappam
- Barley Adai
- Oats Dosa
- Sorghum / jowar / Cholam Dosa
- Toor Dal Dosa
- Oats Aval(poha) Dosa
- Quinoa Dosa
- Hotel Style Onion Rava Dosa
- Oats Paniyaram
- Adai Dosa
- Spongy Aval Dosa
- Onion Carrot Bread Uthappam
- Healthy Mixed Vegetable Dosa
- Bajra / Kambu Dosa
- Leftover Magic Dosa
- Masala Wheat Dosa
- Tomato Lentil Dosa
- Pesarattu/ Green Moong Dal Dosa
- Quinoa Pesarattu
- Appam
- Uppu urundai / Kara Kollukattai

**Pongal Recipe**

- Venpongal
- Rava Pongal
- Samai Venpongal
- Oats Pongal
- Godhumai Rava (cracked wheat) Pongal