Millet (Bajra) Roti

Description: Bajra is a millet, its high fiber and gluten free grain.

Ingredients:

4 tablespoon Bajra Flour

2 tablespoon chickpea flour (besan)

2 tablespoon water

½ teaspoon butter

Preparation:

1. Mix both kind of flour in a bowl and add water slowly by mixing with hand and make a dough.
2. Make 2 round balls and flatten them into a flat bread using dry flour as shown in video
3. Cook on the flat pan (tava) by flipping over once the color starts changing.
4. When the back side has some brown spots, transfer it to flame by flipping quickly.
5. If you are cooking on electric stove, can cook on the pan by puffing with paper towel

Summary:

Adding chickpea flour helps bajra flour to bind and also adds protein to it. One roti is equal to one grain or starch and or equal to a slice of bread, or ½ cup cooked rice, pasta, noodles, dry cereal. This way roti could be part of your balanced meal along with protein and vegetables.