**Peanut prantha**

**Description**

Indian style flat bread made with onions, peanuts and whole wheat flour. Primarily eaten as breakfast item. The same could be made by adding different kind of grated or chopped raw vegetables such as cauliflower, radish, paneer (natural cheese), fenugreek leaves, kale, cooked lentils or beans and cooked potato etc.

**Ingredients**

½ cup unroasted peanuts

¾ cup onion chopped

½ cup fresh coriander

1 jalapeno pepper

¾ cup atta flour

1/3 cup chickpea flour or besan

1/3 cup water

½ teaspoon salt

1 teaspoon ajwain

1 table spoon ghee or melted butter or oil

**Preparation**

**Prep time 10 minutes**

**Cooking time 5 minutes**

1. Crush peanuts in a chopper coarsely
2. Crush coriander, onion and pepper and transfer everything in a bowl
3. Add rest of the ingredients and make a dough
4. Make 5 balls, flatten into prantha and cook with ghee or oil on a flat pan until brown
5. Serve with cut up vegetables, yogurt and chutney

**Summary**

One prantha is roughly equal to one grain/starch serving, or equal to a slice of bread or ½ cup cooked rice, or pasta or noodles or potato or dry cereal.