

# Quinoa Brown Rice Adai | Vegan and Gluten Free Crepes

Yield: 15 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/brown-lentil-curry-recipe-south-africa>

## Ingredients:

- 1/2 cup quinoa
- 1/2 cup brown rice
- 1/4 cup dal Whole Green gram / Whole Moong / Pachai Payaru
- 1/4 cup masoor dal Whole, with skin
- 1/4 cup urad dal Whole, with skin
- 1/4 cup lentil Horse gram, / kollu
- 1/4 cup chana dal / kadalai paruppu
- 6 red chilies
- 4 green chilies
- 1/4 teaspoon asafetida
- curry leaves few
- salt – to taste
- 1 cup finely chopped onion
- oil to make the adai / crepes

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 18 grams
3. Fat: 2 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. Sodium: 60 milligrams
7. Sugar: 2 grams

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