

Kale and Oats Indian Flatbread

Yield: 6 min
Total Time: 17 min

Recipe from: <https://www.recipeschoose.com/recipes/oats-smoothie-recipe-indian>

Ingredients:

- dough or Food Processor, Maker - for making the flatbread dough
- flatbread Rolling Pin - to make
- flatbread Large Flat nonstick pan - for making the
- flatbread Spatula - to make
- 2 cups oats Plain, I'm taking instant oats but any plain variety works
- 1/2 cup whole wheat flour you can substitute with any plain flour/glutenfree choices
- 1/2 cup kale I'm using fresh, you may use frozen too
- 1 teaspoon ginger Shredded, optional
- 1 green chili Medium, Deseeded
- 2 tablespoons flax seeds Powder, optional
- 1 teaspoon cumin seeds
- 1 teaspoon salt
- 1/4 flour wheat or any other - for making flatbread
- 2 tablespoons olive oil
- 1/2 cup water

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 65 grams
3. Fat: 16 grams
4. Fiber: 9 grams
5. Protein: 14 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 620 milligrams
8. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Kale and Oats Indian Flatbread above. You can see more 18 oats smoothie recipe indian Ignite your passion for cooking! to get more great cooking ideas.