

Ragi Rava Dosa/South Indian Crepe

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-recipe-using-rice-flour>

Ingredients:

- 1/4 cup rava /suji/semolina/cream of wheat
- 1/4 cup millet flour ragi/finger
- 1/4 cup wheat flour or you can use besan or chickpea flour
- 1/4 cup rice flour
- 1 teaspoon jeera /cumin seeds
- 1 green chili large, /jalapeno, finely chopped
- 1/4 cup leaves chopped dill
- salt to taste
- oil for drizzling over the dosas
- curry leaves Finely chopped
- finely chopped cilantro /coriander leaves
- grated carrots etc.

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 30 grams
3. Fat: 6 grams
4. Fiber: 3 grams
5. Protein: 5 grams
6. Sodium: 210 milligrams
7. Sugar: 2 grams

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