

Healthy Vegetable Crepes (Chilla)

Prep time.... 20mins Cooking..... 3mins per unit

Ingredients

Chickpea Flour - 1cup Oat - 1cup
Sooji - 1/2 cup

Veggies

Grated carrots - 1cup
Grated Cabbage - 1cup
Green pepper (Diced fine) - 1cup

Spices

Grated Ginger - 2 tablespoons
Cumin seeds - 1 teaspoon
Fennel seeds - 2 teaspoons
Chillie powder - 1teaspoon... Or as required Coriander leaves - 1 cup
Curry leaves, cut fine (optional)
Yogurt - 1/4cup.
Salt to taste.

Oil spray

To serve

Yogurt Flavored with cumin powder, chili powder, salt, and a pinch of sugar Ketchup, and/or Pudina chutney...anything of your choice.
Slices of cucumber
Slices of tomatoes.

Instructions:

Mix the flours in a large mixing bowl with the veggies, spices, salt, and yogurt.

Add water little by little while whisking it to form a thick batter of pouring consistency to make the crepes.

Heat a skillet on stove.

With a ladle pour batter on it and try to spread it to form a circle.

Spray or drizzle some oil around the edges. Let it cook on medium heat for about 2 min till its golden brown on the side that's down and then flip.

Cook on the other side covered for about 2 to min till it has brown spots on the side that's down. Make all the other crepes the same way.

Serve with

Yogurt Flavored with cumin powder, chili powder, salt, and a pinch of sugar and/or Ketchup, and/or Pudina chutney or chutney of your choice. Slices of cucumber. Slices of tomatoes.