

Methi Bhakri

Ingredients -

- Sattu flour - 1 cup
- Raw banana flour- 2 tbsp
- Fenugreek (methi) leaves - 1/2 cup (finely chopped)
- Green chilli – 1 (optional)
- Ajwain - 1/2 tsp
- Turmeric powder - 1/4 tsp
- Luke warm water to bind the dough as per needs
- Coconut Oil /A2 ghee as required
- Salt (pink salt) – to taste

Method :

1. For preparing methi bhakri, mix sattu flour and raw banana flour, fenugreek leaves, green chillies, ajwain, salt, few drops of coconut oil/A2 ghee and turmeric powder together.
2. Knead them well with some luke warm water to make a hard dough.
3. Roll them out a little thicker than the usual chapattis.
4. Fry both sides on the griddle by applying little oil or ghee.

Notes:

- Methi Bhakri is unique and tasty with a greenish methi flavour and aroma.
- Methi is known as a wonder herb providing essential nutrients needed for human body.
- Methi Bhakri should be carefully rolled out thick and care has to be taken that the dough is not watery at all.
- Sattu flour is high on soluble fibre which makes it good for intestine and is low on glycaemic index, making it safe and beneficial for diabetics too.
- Sattu flour is rich in iron, zinc, magnesium and is low on sodium.
- Raw banana flour is rich in potassium and resistant starch.
- Adding ajwain makes it highly beneficial for digestive system.

