

Mixed Millet & Whole Wheat Phulka - Ragi Jowar Bajra Wheat Phulka

Recipe Makes: 4 servings

Nutritional Value (per serving)

Calories: 136 kcal **Protein:** 3.8 g **Carbohydrate:** 25.5 g **Fat:** 2.3 g

Ingredients

- 1/8 cup Ragi Flour (Finger Millet)
- 1/8 cup Bajra Flour (Pearl Millet)
- 1/8 cup Jowar Flour (Sorghum)
- 1/4 cup Whole Wheat Flour (Atta)
- 1/4 teaspoon Salt, optional
- 1 teaspoon Oil
- Ghee, for serving



Instructions

1. To begin making the recipe, in a large bowl combine the ragi, jowar, bajra, wheat flour and salt; add a little water at a time to make firm dough. Add a teaspoon of oil to coat the dough and knead for a few more minutes until smooth.
2. Set the millet phulka dough aside to rest covered for 15 minutes. Knead once again and divide the dough into 4 portions.
3. Preheat the iron tawa on medium high heat. Roll the portions of phulka (roti) dough into balls; flatten these balls with the palm of your hand.
4. Take a portion of the dough, toss it on the flour and roll out into thin circles to approximately 6 inches in diameter. As you roll them out, you can keep tossing the dough in dry flour while rolling; this will prevent it from getting sticky when rolling them out.
5. Place rolled dough on the hot tawa. In a few seconds you will notice that small air pockets start to form. At this point flip the rolled dough to the other side on the tawa.
6. After a few seconds turn the flame to high; using tongs take the rolled Millet phulka off the skillet and place it directly on the flame. It should balloon into a spherical shape and puff up.
7. Remove the phulka from heat, place it on a flat plate and optionally spread little ghee on the side facing up and serve.