

## Oats and Besan Cheela (High Protein Spiced Crepes)

**Recipe Makes:** 4 servings

**Nutritional Value (per serving)**

**Calories:** 149 kcal      **Protein:** 7.1 g      **Carbohydrate:** 24.6 g      **Fat:** 2.4 g

### Ingredients

- 100 grams Gram flour (besan)
- 50 grams Rolled Oats or Instant Oats, powdered
- 1 Onion, finely chopped
- 1 Green Chilli, finely chopped
- 1 clove Garlic, grated
- 1/2 teaspoon Fennel seeds (Saunf), pounded
- Coriander (Dhania) Leaves, few, finely chopped
- Salt, to taste
- Red Chilli Powder, to taste
- Oil, for cooking



### Instructions

1. To begin making the recipe, combine all the ingredients for the Besan Cheela in a large bowl.
2. Gradually add water to make a thick batter.
3. Check the salt and spice levels and adjust to suit your taste.
4. The cheela batter will be similar to the consistency of a dosa batter or pancake batter. The batter should be able to coat the back of the spoon.
5. Preheat a tawa on medium heat, pour a ladleful of batter on the pan and spread it in a circular motion to form a thin crepe/dosa.
6. Drizzle some oil around the cheela and cook it until the top does not look raw and you notice the edges are getting brown. Flip and cook on the other side for a few seconds.
7. Once done, transfer to a plate and proceed to make the cheelas with the remaining batter.
8. Serve the Oats Besan Cheela along with your choice of chutney or sauce.