

MORINGA CHEELA



INGREDIENTS:



- **Wheat Flour** - 100g



- **Besan** - 40g



- **Drumstick
/moringa
leaves** - 10 g



- **Oil** - 20 ml



- **Water** - As required



- **Salt** (if required)

Instructions

- Wash the drumstick/moringa leaves thoroughly.
- Steam the washed drumstick leaves in a covered pan.
- Mash the leaves once cooked.
- In a bowl, mix besan and atta with the mashed leaves.
- Add water to this mixture and mix well to make a thick batter.
- Heat a tawa and grease it lightly with some oil.
- Take a ladle and spread some batter on the heated tawa to make cheela
- Cook until golden brown on both sides.
- Let the cheela cool before serving.

WHY IS IT HEALTHY FOR YOUR CHILD?



- **Good source of
Folate**



- **Good source
of protein**



- **Good source of magnesium**

