

VEGETABLE CHEELA



Instructions

- Wash and finely chop all the vegetables.
- In a bowl, mix wheat flour and besan (gram flour).
- Add the chopped vegetables to the flour mixture.
- Add some water, turmeric powder, finely chopped coriander leaves.
- Mix all the ingredients well to prepare a batter of pouring consistency.
- Heat a tawa (iron griddle) and lightly grease it with oil.
- Pour a ladleful of the batter onto the tawa and spread it evenly.
- Drizzle some oil around the edges and cook the batter on both sides until golden brown.

INGREDIENTS:



- **Wheat Flour** - 100g



- **Besan** - 50g



- **Tomato** - 100 g



- **Spinach** - 100 g



- **Coriander Leaves**
- 50 g



- **Onion** - 100 g



- **Oil** - 50 ml



- **Turmeric Powder** -
As per taste



- **Water** - As
required



- **Salt** (if
required)

WHY IS IT HEALTHY FOR YOUR CHILD?



- **Good source of Folate and magnesium**