

Moong Poha Dhokla :

Ingredients:

- Green moong dal 1 cup (1 hour soaked)
- Poha 1/2 cup (washed)
- Green chilly ginger garlic paste (garlic optional)
- Salt (as per taste)
- Baking soda or eno (1/4 tsp)

For tadka :

- 1 tbsp oil
- 1/2 tsp mustard seeds
- 1 tsp sesame seeds
- For garnish:
- Grated coconut

Directions:

- Add soaked moong dal , poha , green chilly paste and salt in a mixer jar and grind it.
- 2. Take that mixture in one bowl , add water as needed for pouring consistency , add eno and mix it well .
- 3. Grease the dhokla plate, add batter on it and put it in the steamer for 10-15 min.
- 4. Healthy and nutritious dhokla is ready.
- 5. Add tadka with mustard seeds , sesame seeds and garnish with grated coconut.(tadka is optional)
- 6. Serve it with green coriander mint chutney.

This breakfast is very nutritious and healthy rich in protein , fat, carbohydrates and fiber