Dinner, Indian

Baked Chakli with Three Flours

Crunchy spirals of ragi, jowar and whole wheat flour flavoured with cumin, pepper and sesame seeds, baked in the oven until crisp.

50 min	26	4.5 g	0 g
time	calories	carbs	sugars



Vegetarian | Nut free

Ingredients, 12 servings

- [ ] 1/4 cup ragi (nachni , red millet) flour
- [ ] 1/2 cup jowar atta (jowar flour)
- [ ] 1/2 cup whole wheat flour (gehun ka atta)
- [ ] 1/2 tsp roasted and coarsely crushed cumin seeds (jeera)
- [ ] 1/2 tsp coarsely crushed black pepper (kalimirch)
- [ ] 1 tsp black sesame seeds (kala til)
- [ ] 2 tsp melted ghee
- [ ] salt (namak) to taste

Method

- [ ] **1** Tip the ragi flour, jowar atta, whole wheat flour, roasted and coarsely crushed cumin seeds, coarsely crushed black pepper, black sesame seeds, melted ghee and salt into a deep bowl, then knead with about 1/2 cup water until a soft dough forms.
- [ ] **2** Fill a greased chakli press with the dough and pipe swirls onto a greased baking tray, working from the centre outward to make rounds about 2 inches (50 mm) across, until you have 24 chaklis in total.
- [ ] **3** Bake in a preheated oven at 180°C (360°F) for 15 minutes, turn all the chaklis over, then bake for a further 12 to 15 minutes.
- [ ] **4** Leave to cool completely, then serve or keep in an airtight container until needed.

Nutrition Facts

Per serving

Calories	**26**
Total fat	0.6 g
Saturated fat	Not listed
Sodium	1 mg
Total carbs	4.5 g
Fiber	0.7 g
Total sugars	0 g
Protein	0.7 g

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