Breakfast, Indian

Soft and Fluffy Steamed Oats Idli

These soft steamed idlis come together from a quick batter of ground oats, urad dal and curd that needs only an hour of resting and no fermentation. Fruit salt stirred in just before steaming gives the idlis a gentle lift.



Low fat

80 min	35	5.7 g	0.5 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 1 cup quick cooking oats
- [ ] 1/4 cup urad dal (safed urad dal)
- [ ] 2 tbsp dahi (curd)
- [ ] 1 tsp ginger-green chilli paste
- [ ] salt (namak) to taste, restricted salt for health
- [ ] 1 tsp fruit salt
- [ ] 1/2 tsp oil for greasing

Method

- [ ] **1** Add 1 cup of quick cooking oats and 1/4 cup of urad dal to a mixer jar and grind into a smooth powder.
- [ ] **2** Tip the powder into a bowl and stir in 1 cup of water, 2 tbsp of dahi (curd), 1 tsp of ginger-green chilli paste and salt to taste, mixing until you have a batter of pouring consistency.
- [ ] **3** Cover the bowl and set the batter aside to rest for 1 hour.
- [ ] **4** Give the rested batter a good stir, then sprinkle in 1 tsp of fruit salt along with 2 tsp of water and mix it in gently.
- [ ] **5** Coat the idli moulds evenly with the 1/2 tsp of oil for greasing, then place spoonfuls of batter into each mould.
- [ ] **6** Steam the idlis in an idli steamer for 10 to 12 minutes or until they are cooked through.
- [ ] **7** Demould the idlis and serve them straight away while hot.

Nutrition Facts

Per serving

Calories	35
Total fat	0.6 g
Saturated fat	Not listed
Sodium	1 mg
Total carbs	5.7 g
Fiber	1 g
Total sugars	0.5 g
Protein	1.8 g

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