



DIABETIC RECIPE

TRICOLOUR CHAPATHI

Ingredients

For Orange colour:

Whole Wheat Flour

Tomato Puree

Salt

For Green colour

Spinach Puree

(You could also use green peas or any other green leafy vegetable puree)

Salt

For White Colour

Whole Wheat Flour

Salt

Quantity

½ cup

¼ cup

a pinch

¼ cup

a pinch

½ cup

a pinch

Method For Cooking

1. Make a smooth puree of the tomato and spinach. You need about 1/4th cup of puree for ½ cup of flour.
2. Make a smooth chapati dough with the each list of ingredients separately. You will have three coloured dough.
3. Pinch a small ball from each coloured dough (blue berry size).
4. Press these balls together in the order- Orange, White & Green
5. Roll this combined dough in to thin chapatti