Healthy Oats Dosa

INGREDIENTS

1 Cup quick cooking rolled oats

5 tbsp Urad Dal

Salt to Taste

5 tsp ghee for cooking

METHOD

1. Combine the oats and urad dal in the mixer and blend to a smooth powder.
2. Add 1 ½ cups of water and blend again till smooth.
3. Transfer the mixture into a deep bowl, cover it with a lid and keep aside to ferment in a warm place for 10 to 12 hours.
4. After fermentation, add the salt and mix the batter very well.
5. Heat a non-stick tava (griddle), sprinkle a little water on the tava (griddle) and wipe it off gently using a cloth.
6. Pour a ladleful of the batter on it and spread it in a circular motion to make a 175 mm diameter thin circle.
7. Smear 1 tsp of ghee over it and along the edges and cook on a high flame till the dosa turns brown in colour and crisp.
8. Fold over to make a semi- circle or a roll.
9. Repeat steps 5 to 8 to make more dosas.
10. Serve immediately with Sambhar.