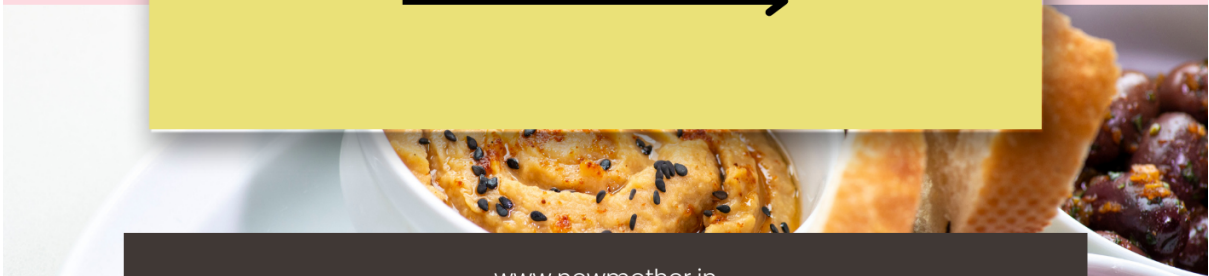




HEALTHY FOOD

Healthy Lifestyle



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Ingredients -

2 cups wheat flour,

1 beetroot, medium-sized, washed, peeled, and grated finely.

1 cup water, salt to taste.

METHOD

1. to the grated beetroot, add wheat flour, and salt.
2. mix it well, until all the moisture is absorbed by the flour. do not add water yet.
3. start sprinkling water slowly and knead it into a fine dough.
4. pinch the small ball-size dough, roll it flat, and cook it on a tawa-like chapati.
5. serve the chapati hot with ghee.