

## Diet Sev Puri

Makes – 3 plates (24 pieces)

### Ingredients

For the Diet Puris

- 1 table spoon of moong
- 1 tablespoon of brown channa
- 1/4 cup of wheat flour
- 2 tsp of oil
- Salt to taste

For Green Chutney

- Coriander leaves, 2 cups
- 2-3 no. Green chillies
- 2 tsp of groundnut
- ½ lemon
- Salt- pinch

For Date Chutney

- 2-3 Dates
- ½ tsp Jaggery
- 1 tsp Tamarind

For Assembling

- 1 large Tomatoes, chopped
- 1 Cucumber, chopped
- 1 small capsicum, chopped
- Coriander- for garnish
- Sev 1/4 cup

### Recipe

For Disks

- Soak the pulses and let it sprout. Dry roast the pulses in kadai, cool it and blend it to form powder. Mix the sprout flour and the wheat flour together. Add salt, oil and using water bind it into a soft dough. Divide into 3 and then roll into 12-15 cm diameter circle, cut smaller 8 disks using clutter. Roast/bake the disks.

For Chutneys:

- Blend together the ingredients and make green chutney and date chutney.

Assembling



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- Clean and wash all the vegetables.
- Finely chop tomato, cucumber, capsicum. On the disk, put the chopped vegetables, green chutney and date chutney on it and garnish with coriander and sev.