

Bhel Puri

Ingredients:

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| 100 gms puffed rice (murmura) | 50 gms tamarind |
| 50 gms onions, chopped | 50 gms jaggery |
| 1 bunch mint leaves | 50 gms sev |
| 3 green chilies | 1 bunch cilantro leaves |
| ½ tsp chat masala | Salt to taste |

Method:

1. Boil the tamarind and jaggery in 1 cup of water for few minutes. Remove the pulp and keep the water aside.
2. Mix the mint leaves and green chilies and grind to a smooth paste.
3. Take the puffed rice in a bowl, add mint leaves paste, tamarind water, chopped onions and green chilies, chaat masala, salt, sev and mix well.
4. Place this mixture on a plate, garnish with cilantro leaves and serve.

Serves: 4

Preparation time: 20 minutes

Nutrition Information (per serving):

Calories: 117.5

Protein: 1.1 gms

Carbohydrate: 26 gms

Total Fat: 4 gms

Monounsaturated fatty acids: 4 gms

Sodium: 5 mg

Fiber: 0.5 gms

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This recipe is provided by Prevention & Awareness for South Asians (PRANA), a PAMF wellness program. For more recipes and health information, visit www.pamf.org/southasian.