



INGREDIENTS

- 1 Cup Whole Wheat Flour (enriched or whole grain rich)
- 1 Cup All Purpose Flour (enriched or whole grain rich)
- ¾ Cup Coconut (grated)
- 5 Green Chilies
- 1 Cup Onion (finely chopped)
- 2 Tablespoons Butter
- Salt (to taste)
- Coconut Oil
- Water (as needed for dough)

DIRECTIONS

1. In a small mixer, grind the grated coconut and the green chilies until the chilies are well ground. If using frozen coconut, thaw the coconut before using.
2. You can use a food processor or knead the dough with your hands.
3. Place both the flours, ground coconut/green chilies mixture, salt and butter in a bowl.
4. Run the food processor, or knead the dough, to combine all the ingredients. Now add the chopped onion and combine. Slowly add just enough water to make a stiff dough. Be careful when adding water as the coconut and onion have enough moisture.
5. Rest the dough for at least 30 minutes.
6. Heat a griddle to medium low heat.
7. Divide the dough into 12 equal pieces. Dust the dough with flour and then roll it into slightly thick circles.
8. Cook the roti in the hot pan. Use some coconut oil to brush the rotis and cook until they are golden brown on both sides.
9. Remove and keep it warm until ready to serve.

MEAL PATTERN CONTRIBUTION



MEAL TYPE



YIELD

12 Rotis

PORTION SIZES

Toddler: ½ Roti

Preschool: ½ Roti

School Age: 1 Roti

Adult: 2 Rotis