

Jeera Puri / Crispy Fried Bread

INGREDIENTS:

These have to be individually calculated for each patient as per the calories and ratio being used for that patient

- ⦿ Whole wheat flour
- ⦿ Soy powder
- ⦿ Ghee (clarified butter) / Oil – OR -- Butter



PROCEDURE

- ⦿ Weigh all the ingredients.
- ⦿ Take the weighed amount of wheat flour, soy powder, salt & jeera powder to taste in a container & the required amount of water & knead a dough.
- ⦿ Roll the dough in balls and make small puris.
- ⦿ Fry the puris and serve.