



## Puran Poli

**Serve:** 2

**Courses:** Breakfast

**Variants:** Pure Olive Oil

**Proteins:** Veg

### Ingredients:

#### For the filling:

- 1) 1, 1/4 cups chana dal
- 2) 1, 1/2 cups jaggery
- 3) 1/4 tsp elaichi powder
- 4) Nutmeg powder, a pinch
- 5) Salt, a pinch
- 6) Kesar, a pinch (optional)

#### For the dough:

- 1) 1, 1/2 cups flour
- 2) Salt, a pinch
- 3) 1/4 cup Figaro Pure Olive Oil

### Methods:

**Step 1:** Wash and boil chana dal. Drain and coarsely grind it. In a pan add the dal, grated jaggery, saffron, cardamom powder and nutmeg powder and mix well.

**Step 2:** Cook, stirring all the time till dry. Remove and cool. Divide the stuffing into 16-20 portions and roll into balls.

**Step 3:** Mix the flour and salt. Add the olive oil and make a soft dough. Cover with a damp cloth and keep aside for one hour.

THANK YOU

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**Step 4:** Divide dough into 16-20 roll into balls. Flatten each ball in your palm, stuff with one portion of filling, cover and seal the edges.

**Step 5:** Dust it with flour and roll out into 4-5 inches diameter disk of medium thickness. Heat a tawa and cook puran poli until done on both sides.

**Step 6:** Remove. Serve hot with cold milk.

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