

SPINACH CHEELAS

BEST FOR

- Morning Detox Drink
- Breakfast

- Lunch
- Mid-Meal

- Dinner
 - An Occasional Treat
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In Satvic Cheela, instead of using only lentils, we use lentils and spinach. The ratio is 1 cup lentils to 2 cups of spinach. Why? Because lentils are difficult to digest, and unless you're an athlete or a child in the growing stage, you should eat lentils sparingly.

INGREDIENTS

MAKES 8-10 CHEELAS

For the Cheelas

- 1 cup green split moong dal
- 1 teaspoon rock salt
- 1 small green chili, chopped
- 2 cups spinach purée*

For the Filling

- 4 carrots, thickly grated
- 4 tomatoes, chopped finely
- ½ cup grated coconut
- ½ cup coriander, chopped
- microgreens (optional)
- 1 teaspoon rock salt

Green Chutney (pg 81)

*2 ½ cups of chopped spinach, when blended, gives 2 cups of spinach puree.

PRE-PREPARATION

Soak moong dal in water for 2-3 hours. Then, drain out the water.

METHOD

1. Combine the soaked moong dal, salt and chili in a blender and blend until smooth. Transfer the mixture to a bowl. Add the spinach puree to the mixture and stir well.
2. Heat a pan (tava), sprinkle a little water on it and wipe it off gently using a muslin cloth. Pour a ladle full of the batter on it and spread it in a circular motion to make a thin circle. Cook on a medium flame till it turns brownish-green in color.
3. To prepare the filling, simply combine the carrots, tomatoes, coconut, coriander, microgreens and salt. Fill your cheelas with this filling, and serve immediately with green chutney.