



#### AN ACTIVE SOCIAL LIFE

Be physically and socially active! Did you know that the more connected people are, the better they fare in memory tests? Physical activity and social interaction may delay the onset of dementia and reduce its symptoms.

#4 Food for thought: Eat Well Live Well Think Well

## Crispy Oats Dosa

# Crispy Oats Dosa

8 | Healthy  
Tasty  
Easy



*Chef Shaikh Rajiur  
Kazi*

## Ingredients

Oat flour .....	½ cup
Rice flour .....	½ cup
Low fat yoghurt (plain) .....	¼ cup
Cumin .....	½ tsp
Onions (chopped 1 cm sized) .....	2 Tbsp
Ginger (crushed) .....	½ tsp
Curry leaves (chopped roughly) ....	1 sprig

## Nutritional Information (200 g per serving)

Energy .....	300 kcal
Carbohydrate .....	56 g
Protein .....	7 g
Fat .....	5 g
Saturated Fat .....	2 g
Cholesterol .....	4 mg
Dietary Fibre .....	4 g
Sodium .....	20 mg

## Cooking Method

1. Add cumin, oat flour and rice flour in a large mixing bowl.
2. Mix in chopped onions, curry leaves, ginger, yoghurt, 1 cup water and mix well.
3. Heat a non-stick pan and pour batter on pan. Cook until edges are crispy on medium heat. Flip dosa until cooked through. Serve warm.