

AMLA KHADI

Ingredients:

- Fresh Amla/gooseberry - 2no.s
- Fresh grated coconut-5 Tsp
- Green chillie-1
- Butter milk-1 bowl
- Ginger-a small piece
- Salt.



Seasoning ingredients:

- Oil -2 tsp
- Mustard seeds -1/2tsp
- Jeera-1/2tsp
- Broken red chillies -1
- Curry leaves-few

Method:

Deseed the Amla, and add to the mixer along with grated coconut, green chillie, ginger piece and grind them into very smooth paste by adding just enough water. Add butter milk, and salt to taste. Make sure that butter milk is

not too sour. Heat the seasoning pan and season with all the ingredients mentioned above and pour it over the khadi and mix well. Vitamin C rich gooseberry khadi serve with hot rice.



OM SHANTI