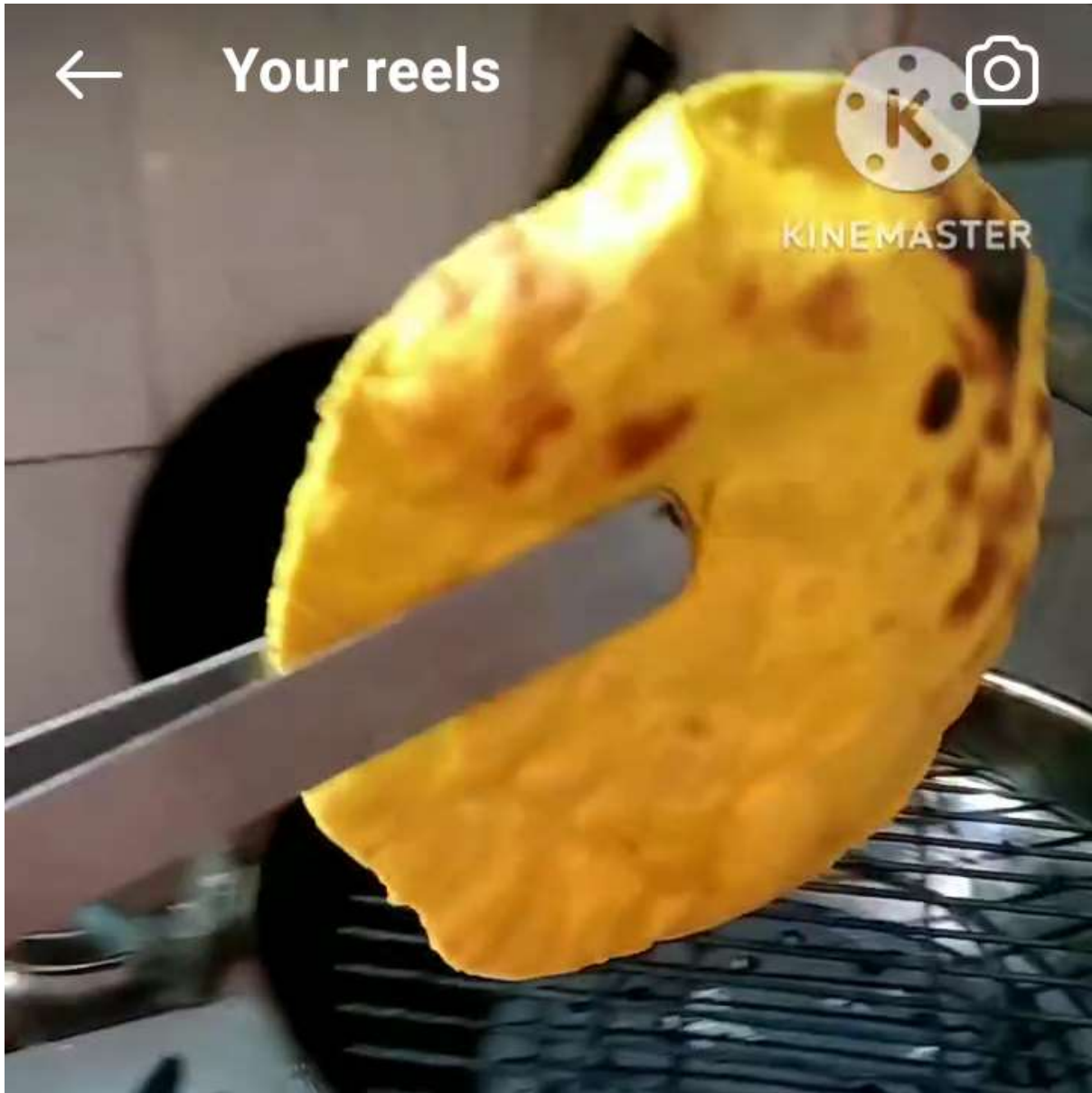




HEALTHY INDIAN BITES

Eat Right, Live Right.



Missi Roti

Diet Recipes, Food Blog.

Missi Roti food recipe is a food combination of equal quantities of Gram Flour to Wheat Flour kneaded, make a soft dough, then make round flat bread and grilled on Gas Stove Tandoor. It is simple to cook and can be served with Indian curry. Food Recipe is authentic Indian flat bread/Roti. Can be cooked in each and every kitchen and can consume regularly. It takes 2-3 minutes to cook 1 piece of bread. Recipe is quite easy to cook and Savoury to eat, applying little Ghee on it or served with melted Jaggery.

In [HealthyIndianBites](#) food blogs, we try to cook and promote healthy nutritious food recipes. Indian Roti is simple and easy recipe. For beginners, it may require some practice. Hopefully, viewers like it. We look forward for your comments and suggestion. For latest and regular updates, enroll us on our [newsletter](#). For live demo on cooking, please refer our cooking channel on [Social Media](#).

Instagram ID: [Healthy.Indian.Bites](#)

Youtube and Facebook: [HealthyIndianBites](#)

Best Cooking method of Missi Roti.



Cooking Ingredients:

- 100 gm Wheat Flour.
- 100 gm Gram Flour.
- 1 teaspoon Salt.
- 1 teaspoon Turmeric.
- 1 teaspoon cooking oil.
- Some water to knead a soft dough.

Tandoori *Cooking Method:*

1. Mix 100 gm Wheat Flour with Gram Flour.
2. Add 1 teaspoon Salt to it.
3. Also, add 1 teaspoon Turmeric to it.
4. Further, add 1 teaspoon cooking oil. Mix well.
5. Add water and knead in a soft dough.
6. Let it rest for few minutes.
7. Use Rolling pin to roll it into round flat bread(Roti).
8. Set Gas Stove Tandoor on Medium-High flame.
9. Heat 1 side of Roti for <1 minutes. You may see some black bubbles on it.
10. Change side and Grill other side of it, as well. (You may find it ballooning)

11. Apply Ghee all over it. (Do not skip this step, in understanding that may gain weight or increase Calorie intake). Food combination of Turmeric, Gram Flour and Ghee is a healthy food combination.
12. Serve with Indian curry. It is good to have 2 pieces of it to maintain calorie value.

Downside of eating Wheat Flour Bread or Roti.

1. It is very important that dry wheat flour is brown colored and made from whole wheat - Germ, Bran and Husk.
2. Finely, grinding wheat flour is white color, generates more gluten and is of low nutritional value.
3. Mixing Wheat Flour with water generates Gluten that may not be good for people with low metabolism and suffering from intestinal issues.
4. Frying it on tawa, on direct heat or on high flame loses its nutritional value.
5. Direct heat of gas stove may form Carcinogens that could be the reason for formation of cancerous cells in a body.
6. Further, it raises blood sugar level. Specifically, if it is finely churned dry wheat flour.

Benefits eating Missi Roti.



1. It contains Gram Flour full of nutrition.
2. Equal mix for wheat and Gram flour helps forming less Gluten.

3. It's good for people having intentional issues. Wheat flour is hard to digest due to Gluten Content.
4. Also, eating it with Ghee applied to it keeps one fuller for longer. Fibrous content in Gram flour takes longer to digest.
5. Also, Missi Roti helps maintaining blood sugar level. So may not feel hungry after eating it. Thus, helps losing weight.
6. Further in [HealthyIndianBites](#), we love grilling Roti on Tandoor at Medium-High flame than on tawa or pan. Direct heat on foods destroys the nutritional value of foods.