








# Finger Millet Flattened/Flakes (Ragi Aval/Poha) Upma

Ingredients (For 2 servings)

	<p>Finger Millet Flattened – 1 cup (8 oz) Lukewarm Water – as required to moisten the Finger Millet/Ragi Salt – as required</p>
	<p>Onion – 1 small or 3 shallots Green Chilly – 2-3 Curry leaves – 1 sprig Mustard seeds – ¼ tsp Cumin seeds – ¼ tsp (optional) Chenna dal – ½ tbsp Oil – 2- 3 tsp Asafetida/Hing – 1 pinch</p>
	<p>Grated coconut – 3 tbsp</p>

*Variations:* You can add any/all vegetables like green peas, carrot, beans, corn...

## Directions:

<p>1</p> 	<p>2</p> 	<p>3</p> 
<p>Moisten the Finger Millet flakes by sprinkling some warm water and salt and mix with your hand. Leave it for about 10-15 min</p>	<p>Steam cook for 3 to 5 minutes</p>	<p>Heat oil in a pan. Add mustard seeds, when it starts to splutter add cumin (optional) and chenna dal. When the dal starts to change color add onion followed by green chilly, curry leaves, asafetida and a pinch of salt. Sauté until translucent</p>
<p>4</p> 	<p>5</p> 	<p>6</p> 
<p>Add the steamed Finger Millet and saute until well mixed on a medium flame</p>	<p>Add grated coconut, mix it and turn off the stove</p>	<p>Finger Millet Flakes/Ragi Aval Upma is ready</p>