

# Munguli Recipe

## Ingredients

- g Green Gram
- g Rice
- g Kithul Treacle
- g Brown sugar
- oz Roasted curry powder
- pinch Salt
- tbsp Water
- mL MAGGI coconut milk powder
- oz Turmeric powder
- g Flour
- pinch Salt

## Instructions

1. Roast green gram, rice flour and grind the roasted green gram.
2. Mix the brown sugar, treacle, salt, and heat well.
3. Mix the roasted green gram powder, fried spice powder mixture and roasted rice flour well.
4. Add the treacle mixture to flour mixture, mix it well and make the mixture into small balls.
5. Mix the Coconut milk with rice flour, all-purpose flour, salt, and turmeric to make the batter.
6. Dip the balls in the batter and deep fry till get golden brown colour.

## Nutrition

Carbohydrates	202.43 g
Energy	1073.34 kcal
Fats	27.16 g
Fiber	18 g
Protein	12.54 g
Sodium	250.44 mg
Sugars	145.36 g

36 Minutes

4 Portions