

## **MOONG DAL (FLOUR) PURAN POLI (SWEET FLAT BREAD OF GREEN/GOLDEN GRAM)**

**Ingredients:** 2 cups moong pulses  
2 cups grated jaggary  
½ cup sugar,  
½ tea spoon cardimum powder  
2 cups maida  
½ cup wheat flour  
¼ cup oil  
¼ spoon salt  
¼ spoon turmeric powder  
1 cup rice flour

### **Process:**

**Step – I:** Soak moong pulses for 10 minutes & then cook it. Then grind it, mix with jaggary and sugar and again cook it for a while till the mixture becomes dry. While cooking stir continuously so it does not get charred. Now put off the gas. Mix cardimum powder & let it cool. Then make medium size balls & keep. This is known as Puran.

**Step – II:** Mix maida, wheat flour, turmeric powder, salt & 4 spoons of oil together, add water and knead the flour (atta). Pour the remaining oil on the kneaded flour and keep away for 20 minutes.

**Step – III:** Take medium size ball of the atta. Shape it like a small bowl. Insert the puran gola ( sweet moong dal flour ball ). Close the bowl, press a little and roll it like poli ( chapati ) with the help of poli roller. Sprinkle some rice atta on it. Now put on the gas bake or roast it from both sides till it becomes wheatish brown.

Now the moong puran poli is ready.

**Step – IV:** Take a plate. Arrange the puran poli with ghee and provide a bowl of hot milk. Now enjoy the Holi Special Puran Poli.