

## Multigrain Chapati Flour

( Recipe by Radha Sukhani- This chapatti flour is low in gluten, rich in fiber, vitamin B, other minerals, and heart-healthy omega-three oils. Makes the most nutritious chapatis in our ancestor's tradition)

### Ingredients—For one Kilo Multigrain Flour

1. Wheat – Half kilo
2. Barley( Regular or Pearled )-100gm
3. Millet ( Hulled south India variety whitish to yellow)--100gm
4. Oats ( Jau, a famous Rajasthani grain)-- 100gm
5. Sorghum ( Jawar)--100gm
6. Raghi (also called finger millet)-100gm

( Note: To increase protein content, replace any other grain with more raghi grain. In case the dough is difficult to roll into chapatis because of less gluten, add little of store-bought wheat flour to the desired consistency of rolling. Keep in mind that if the dough has too much elasticity, there is an unhealthily large amount of gluten in the dough. Gluten is what gives the dough its flexibility. Remember low gluten multigrain chapatis are thicker than your regular chapatis from store-bought packaged milled wheat flour which is very high in gluten)

### Grain Grinder

Several kitchen grains- grinding machines are available in India at an affordable price range of INR 15-18,000. An investment in kitchen grain grinding machine will pay itself off within a couple of years.

### Grain Preparation

It is preferable to make dough with warm to hot water. Heat brings out the gluten protein and makes the dough more workable. That is important when you wish to make chapatis out of low gluten multigrain flours. Mix all the grains and store the grain mixture in an airtight container at room temperature. It is optimal to grind the flour fresh, making about two weeks' worth at a time. If you wish to make more flour, store extra flour in the refrigerator to avoid it from going rancid ( bitter).

### Dough Preparation

Multigrain flour prepared above has low gluten content and is rich in fiber, mineral, vitamins, and healthy oils. To further minimize the overall gluten content in the final dough, you can add the following ingredients, and make many varieties and flavors of chapatis:

- **Avocado** – Blend avocado in a food processor before adding to the flour. Add lemon juice while making dough to prevent the dough from getting dark in few hours.
- **Methi leaves /Jeera/Cumin seeds** – In a tablespoon of oil stir fry jeera, salt, methi leaves and green chilies to taste. Add the mixture to the chapati flour when making dough.

- **Mixed lentils** – Soak the lentils of your choice overnight. Cook them in a small amount of water until soft. Add this to flour along with spices of your choice (salt, chilies, cumin, etc.) while making the dough.
- **Mixed Vegetables** – Collect all the leftover vegetables from the refrigerator (zucchini, Turai, carrots, spinach, etc), green chilies, fresh coriander, onions (optional), and grind these in the food processor. Add the vegetable mixture to flour when making dough. Add cumin seeds, salt, condiments of your choice.
- **ENJOY Nutritious chapattis low in gluten, rich in fiber, vitamins and minerals!!**