

## Khakra / Crispy Flat Bread

### INGREDIENTS

These have to be individually calculated for each patient as per the calories and ratio being used for that patient

- ⦿ Whole wheat flour
- ⦿ Soy powder
- ⦿ Ghee (clarified butter) / Oil – or – Butter



### PROCEDURE

- ⦿ Weigh all the ingredients.
- ⦿ Take wheat flour, Soy powder & salt to taste & with the required amount of water, knead the dough.
- ⦿ Roll the dough in balls and then into flat khakras.
- ⦿ Roast the khakra.
- ⦿ Serve the roasted khakra with the weighed amount of butter.
- ⦿ Similarly, using the same amount of ingredients, various other recipes like NOODLES etc. can be prepared