Jeera Puri / Crispy Fried 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 the weighed amount of wheat flour, soy powder, salt & jeera powder to taste in a container & the required amount of water & knead a dough.

- Roll the dough in balls and make small puris.

- Fry the puris and serve.