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