

## **Lentil Dahl Chapattis**

makes approx. 8 chapattis

- 1c Lentil Dahl
- 3c Fresh Milled Flour (Wheat, Spelt, Kamut etc)
- 1t Lemon Juice
- 2T Chopped Cilantro



**1.** In your Bosch Mixer bowl with Cookie Paddles attached, add lentil dahl, 2 cups flour, lemon juice and cilantro. Mix on speed 1 until well mixed, add remaining flour slowly until dough cleans sides and bottom of bowl.

**2.** With flour on your hands, shape dough into 8 or 9 ball (about the size of golf balls) – flatten slightly. Place on floured plate and allow to rest for half an hour or so. Or cover in plastic wrap and refrigerate to prepare later.

**3.** (If refrigerated, remove dough 30 minutes prior to grilling to bring up to room temperature). Heat up Electric Tortilla Maker as per instructions. Once the Tortilla Maker is ready, place flattened dough ball on heated surface (place off-centre towards the back to ensure dough does not squeeze out of sides or front). Pull down lever and cook chapatti for 30 seconds – you can press down on the chapatti with a clean wet cloth to ensure it is cooked all the way through.

**Place chapattis in tortilla warmer (or between two plates) until ready to serve.**

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