



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cucumber Pancakes	Broccoli & Tofu Whole Wheat Pasta	Jowar Empanadas	Schezwan Oats Crackers	Doodhi Muthia

Tiffin Expert: Rashmi Naik

Schezwan Oats Crackers

A crisp and crunchy tiffin meal full of fibre and flavour is our Schezwan Oats Crackers recipe made with Kissan Schezwan Sauce. The goodness of fibrous oats and soy flour blend with the delicious flavours of dried red chillies and aromatic spices added by Kissan Schezwan Sauce making for a delightful tiffin meal.

Ingredients:

- Wheat flour: ½ cup
- Oats flour: ½ cup
- Soy flour: ¼ cup
- Rice flour: ¼ cup
- Fenugreek leaves: 1 tablespoon
- Salt to taste
- Yoghurt: 1 tablespoon
- Black sesame seeds: 1 tablespoon
- Kissan Schezwan Sauce: 1 tablespoon
- Water as required
- Plastic sheets (for rolling the dough): 2

Method of Preparation:

- Preheat your oven at 175-200 °C for 10 minutes.
- In a bowl add wheat flour, oats flour, soy flour, rice flour and fenugreek leaves.
- Season the ingredients with salt.
- Add yoghurt and black sesame seeds to the mixture.
- Add Kissan Schezwan Sauce to the ingredients.

- Add water as required and knead the mixture until a semi-thick dough is formed.
- Place the dough in between two plastic sheets and roll it until flat.
- Slice the flat dough into rectangular pieces, place it on a baking tray and bake for 15-20 minutes.
- Serve along with tiffin siders

Tiffin Siders:

Almonds and pomegranate (or any fruit of your choice)

