

Ragi Upma – Healthy Millet Breakfast

Start your day with this nutritious Ragi Upma, a perfect diabetic-friendly breakfast that combines the benefits of ragi (finger millet) with vibrant vegetables. Ideal for weight loss, this dish is not only filling but also packed with essential nutrients.


20 min

Total time

Easy

Difficulty

210

kcal / serving

Ingredients

- 1/2 cup ragi flour
- 1 cup water
- 1/4 cup mixed vegetables (carrot, peas, capsicum)
- 1/2 onion, finely chopped
- 1 green chili, chopped
- 1/2 tsp mustard seeds
- 1/2 tsp urad dal
- 1/2 tsp cumin seeds
- 1 tbsp oil
- Salt to taste
- Fresh coriander for garnish

Steps

- 1 Heat oil in a pan and add mustard seeds, cumin seeds, and urad dal. Sauté until they crackle.
- 2 Add chopped onions and green chili, and sauté until onions turn translucent.
- 3 Stir in the mixed vegetables and cook for a few minutes until they soften.
- 4 Add water and salt, and bring it to a boil.
- 5 Gradually add ragi flour while stirring continuously to avoid lumps.
- 6 Cook on low heat for about 5 minutes, stirring occasionally, until the mixture thickens.
- 7 Garnish with fresh coriander and serve hot.