Idly is commonly consumed for breakfast in South India. Because it is steam cooked without any added fat, Idly can be a good option for a healthy breakfast.

IDLY

India | Easy | 15 minutes | 4 servings | Main Dish

Tools and equipment

~ Idly cooker

Directions

1. Soak all ingredients in water for 4 hours.
2. Grind them into a fine batter.
3. Steam cook the batter in the Idly cooker

Notes: You can serve Idly with sambhar (a kind of vegetable stew) or some chutneys.

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Rice</td>
<td>1 kg</td>
</tr>
<tr>
<td>Black gram</td>
<td>100 gr</td>
</tr>
<tr>
<td>Fenugreek</td>
<td>10 gr</td>
</tr>
</tbody>
</table>

SOURCE: PRIYADHARSHNI SAMBATHKUMAR