

## Green Pumpkin Lathad

Written by Bhavesh Zaveri

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### Good for Diabetic patients

#### Ingredients

Quantity:	Measure:	Ingredients:	Description:
250	Grammes	Pumpkin, White-Green	Grated
500	Grammes	Flour, Wheat - (Atta)	about 500 g
1/2	Teaspoon	Soda bi-carbonate	
Little	Salt	to taste	
1	Tablespoon	Dhania Jeera Powder	powder whole spices
1/2	Teaspoon	Turmeric Powder	
1	Tablespoon	Chilly Powder, Red	
2	Teaspoon	Mustard Seed	
1	Tablespoon	Cooking Oil	for seasoning
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#### Method

Mix all the ingredients, leaving oil for seasoning and mustard seeds. Put the mixed dough in a greased steaming pan, and flatten it, and put it in the pressure cooker for steaming. After the mixture is done, cool it and cut it into equal pieces.

Heat oil for seasoning, in a pan, add the mustard seeds, temper a little , add the cut pieces of

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the 'lathad' and stir carefully. Serve hot. Garnish it with coriander leaves, finely chopped, if you prefer.