

Recipe: Nana's Roti Jala

Dessert

Enjoy this delicate net crepes with banana fillings.

Preparation time: 20 minutes

Cooking time: 20 minutes

Makes 15 pieces with bananas

Ingredients

- 225 g of wheat flour
- 75 g of wholemeal flour*
- ½ teaspoon of salt
- ¼ teaspoon of turmeric powder
- 625 ml of low-fat milk* ^
- 2 whole eggs
- 500g of ripe bananas (slice in half, length wise)

Methods

1. **Mix flour, salt, turmeric powder and milk in a mixing bowl.**
2. **Add egg and whisk thoroughly to form a smooth batter.**
3. **Strain batter through a sieve to remove any formation of granules.**
4. **Pour batter into a squeeze bottle.**
5. **Use a non-stick frying pan over medium heat.**
6. **Squeeze batter onto the pan in a net and circle formation. Allow 45 to 60 secs for the batter to cook. Remove the cooked batter (now known as Roti Jala) to a cooling tray.**
7. **Place one half of banana onto the middle of the Roti Jala. Fold both sides and roll the Roti Jala onto the banana slice.**
8. **Serve warm.**



Nutrition Information

Per serving/ Per pc (100g)

Energy 129 kcal

Protein 5.3 g

Total fat 1.6 g

Saturated fat 0.6 g

Carbohydrates 23.9 g

Total Sugar 6.7 g

Dietary fibre 2.0 g

Sodium 70.7 mg

Cost Per Serving: \$0.30

* Choose products with the Healthier Choice Symbol



^ Children aged 12 months to 2 years old require full cream milk to meet their dietary requirements for fat, protein, vitamins and minerals which are essential for their growth and development.

Tips:

- As wholemeal flour is used in the batter, you will need to cut the holes of the sprouts bigger so that the batter can flow smoothly.
- Fold the banana inside the roti before it cools, so that the lattice design does not become brittle, as it breaks easily.