

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

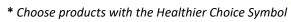
- 225 g of wheat flour
- 75 g of wholemeal flour*
- ½ teaspoon of salt
- ¼ teaspoon of turmeric powder
- 625 ml of low-fat milk* ^
- 2 whole eggs
- 500g of ripe bananas (slice in half, length wise)

Methods

- 1. Mix flour, salt, turmeric powder and milk in a mixing bowl.
- 2. Add egg and whisk thoroughly to form a smooth hatter
- 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.
- 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





[^] 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.