

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)



* Choose products with the Healthier Choice Symbol

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.

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.

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