

Finger Millet (Ragi) Pancakes

by Pinal Vadher

Serves

2-3

Ingredients:

- 1 cup finger millet flour (ragi)
- ¼ cup cocoa powder
- 1 banana
- 1 tsp baking powder
- ¼ tsp baking soda
- ¼ cup butter/ghee
- Salt (optional)
- 1 cup milk
- 1 tbs jaggery or honey
- Fruits and syrups of choice

Recipe:

1. In a bowl, add 1 cup finger millet flour.
2. Next, add ¼ cup cocoa powder, sliced bananas, baking powder and baking soda.
3. Then, add ghee/butter and mix well.
4. Now add milk and honey/jaggery and mix until it becomes into a runny batter.
5. Then make pancakes on a pan, taking small portions of batter.
6. Lastly, garnish your pancakes with your favourite fruits and syrups!
I used raspberries, bananas and chocolate syrup as my toppings.



Story:

Whenever my two boys requested pancakes on weekend mornings, I loved their excitement but always worried about how unhealthy they were. So, I began experimenting with different flours and ingredients to make pancakes more nutritious. After multiple attempts, I created a recipe that made pancakes wholesome, filling and delicious. This felt like achieving a great milestone as my kids enjoyed them, and I felt good serving. The best part is watching both my boys decorate their pancakes, making it a fun activity. Now our pancakes are both joyful and nourishing!