

## Recipe

### BAADI

#### Ingredients - 4 Servings

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2 cup buckwheat

Water As required

2 tablespoon ghee

#### Directions

Take a deep-bottomed non-stick pan and add water. Bring it to boil. Meanwhile, take a bowl and sieve buckwheat flour in it.

Now, add half of buckwheat flour in a boiling water. Stir it thoroughly to ensure that no lumps are formed. Add the remaining flour as well.

Keep stirring the mixture continuously until there are no lumps. Stir until the mixture thickens.

Then, remove from flame and transfer to a serving bowl. Sprinkle ghee and give it a stir to mix it. Serve it immediately.

\*Served at Ezzenza Mahayana Resort & Spa, Rishikesh.