

# Veggie Roti

A grain-free, nutrient-dense flatbread packed with vegetables — simple to make and great for clean eating.

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## INGREDIENTS

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¼ beetroot

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1 carrot

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2 small florets cauliflower

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2 small florets broccoli

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¼ onion

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6-7 beans

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2 tbsp almond flour

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1.5 tbsp arrowroot flour

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2 tbsp ghee

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Salt, pepper, chilli (as per taste)

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Polythene sheet or butter paper (to shape)

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## METHOD

- 1 Grate all the vegetables finely.
  - 2 Mix in almond flour, arrowroot flour, and spices until well combined.
  - 3 Place the mixture between a greased polythene sheet or butter paper and press into a roti shape.
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- 4 Cook on a pan with ghee on medium flame until both sides are crisp and golden.

PREP TIME 10 minutes	COOK TIME 5-7 minutes	SUITABLE FOR Grain-free, Gluten-free
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#### WHY IT WORKS

### What's in It for You

- **Mixed vegetables** — a broad spectrum of vitamins, minerals, and fibre in every bite
- **Beetroot** — rich in folate and nitrates, supports blood flow and detoxification
- **Broccoli & cauliflower** — cruciferous vegetables that support hormonal balance
- **Almond flour** — grain-free, high in healthy fats and Vitamin E
- **Arrowroot flour** — a natural binder, easy on digestion and gut-friendly
- **Ghee** — supports nutrient absorption and adds healthy saturated fat

*Grating the vegetables as finely as possible helps the roti hold together well. You can swap or add any vegetables you have on hand — this recipe is very forgiving and easy to adapt.*