

Power-Packed Protein Idlis & Dosas for Techies



With everyone from fitness enthusiasts to nutritionists emphasizing **protein-rich** meals, now's the perfect time to try this easy, **wholesome recipe**

Elevate your **nutrition** with this simple, **high-protein**, and **gut-friendly** recipe! It's easy, quick, and perfect for sustained energy through your workday.

Recipe For 5 idlies



**100 gms
 Mung dal**



**50 gms
 Urad dal**



**5 gms
 Methi seeds**



**Dosa:
 30 gms of
 Paneer**

Soak **4 hours**, grind, ferment **4 hours**.

Steamed as soft **idlis** or make crispy **dosas**.

Want more protein?

Stuff dosas with paneer.

Highlights

~28g protein per meal

Prebiotic-rich, aids digestion and gut health.

Fermentation and steaming make it light and easy on your system.



Nutritional Snapshot (The protein content):

100 grams of Mung beans: 24 grams of protein

50 grams of Urad dal: 12.5 grams of protein

5 grams of Methi (Fenugreek) seeds: about 1.15 grams of protein

30 grams of paneer: about 5.7 grams of protein

Total protein from these amounts is approximately **43.35 grams**.
 Cooking reduces the protein percentage, still this is a **best protein breakfast** for **vegetarians**

This provides a substantial amount of **protein** from a **mix of plant-based and dairy** sources.



Quick to prepare, great for you—and delicious!

For doubts and queries, please reach out:

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