



Soya & quinoa tikkis with *salsa dip*

Cooking time:
20 mins

Serves:
3 -4 tikkis



Expert comments:

- Soya is a source of good quality plant-based proteins
- Addition of soya to daily diet may help significantly in controlling blood sugars
- You may prefer to also make kebabs/ thalipeeth from the above soya mixture
- If you have pre-hypertension or hypertension; avoid adding chaat masala to this recipe
- An early supper made up of these healthy tikkis is ideal one for patients looking forward to loose weight or ones with conditions like:
 - Pre-diabetes
 - Pre-hypertension
 - Deranged cholesterol/ triglycerides





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Additional tip:

- Avoid soya based food ingredients if you have high uric acids levels along with obesity/ pre-diabetes/ pre-hypertension/ etc
- Avoid soya based recipes, if you are allergic to soya and instead you may prefer tikkis made up of rolled oats and low-fat paneer



Nutritional information/ serving:



Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Fibre (g)
12.2	0.7	16.1	125.1	9.7	226	41.7	4.9

