



Enjoy this healthy and tempting spicy snack. It's so easy to make.

Oat Tikki		
Serves 10		Skill Level – Easy
		Preparation time: Cooking time:
Metric	Imperial	Ingredient
½ cup		Oat bran
½ cup		Wheat bran
½ cup		Grated cauliflower
½ cup		Chopped spinach
2		Potatoes boiled and peeled
1		Green chilli
¾ tsp		Salt
½ tsp		Black pepper
½ tsp		Chat Masala
2 tsp		Lemon
½ tsp		Honey
1-2 tablespoons		Low fat yoghurt
1 tablespoon		Vegetable oil to brush pan
1. Mix together the oat bran and wheat bran with all the ingredients except oil and yoghurt		
2. Add enough yoghurt to mixture to bind into “flattened balls” -tikkis		
3. Heat the non stick frying pan, brush with a little oil and brown the “tikkis” on both sides on medium heat.		
4. Serve hot with mint or tamarind chutney		

If you have a favourite recipe that you think makes the grade please share it with us. We will send you a free cholesterol, blood pressure or diabetes patient guide for every recipe we publish. Contact HEART UK at [lm@heartuk.org.uk](mailto:lm@heartuk.org.uk)