

How to upgrade traditional Paratha/Roti dough

Paranthas are comforting and delicious, but it can feel heavy on carbs when made the traditional way.

A few simple upgrades can help add more protein, fiber, and nutrients while still keeping it soft and satisfying.

[High Fiber and Protein Parantha Recipe](#)

To Add More Fiber

- **Psyllium Husk**

Add 1-2 tsp while kneading the atta. It absorbs water, improves softness, and increases fiber for better fullness and digestion.

- **Flaxseed Powder**

Add 1-2 tbsp directly into the flour before kneading. It adds fiber and healthy fats while blending easily into the dough.

- **Oats Flour**

Replace about $\frac{1}{4}$ cup of regular atta with oats flour. This helps increase fiber and makes the dough softer.

- **Grated Zucchini or Cauliflower**

Mix directly into the dough while kneading. They add moisture, vegetables, and natural softness to the parathas.

- **Spinach Puree**

Use spinach puree instead of some water while kneading the dough to add extra nutrients and fiber.

To Add More Protein

- **Paneer**

Crumble paneer directly into the atta while kneading or mix it into the potato filling for an easy protein boost.

- **Tofu**

Mash or crumble tofu into the dough or filling. It blends well and adds plant-based protein without changing the flavor much.

- **Besan (Gram Flour)**

Replace 2–4 tbsp of atta with besan. It adds protein and gives a slightly nutty flavor.

- **Sattu**

Add 2–3 tbsp into the dough or potato filling to increase both protein and fiber while making the meal more filling.

- **Lentil Flour**

Mix a few tablespoons into the atta for extra protein and nutrients from dals and legumes.

These small changes help turn parantha into a more balanced and nutrient-dense everyday meal without losing the homemade comfort feel.