

# Whole Wheat Månha Titiyas

**Makes**  
12 large titiyas

**Prep time**  
10 minutes

**Cook time**  
20 minutes

**Good source of**  
Fiber

**Ingredients:**

1½ cups young coconut with juice, fresh or frozen

½ cup macapuno strings with syrup

1 can lite coconut milk

1¼ cup water

2 Tbsp. vegetable oil

½ cup sugar

½ tsp. salt

4 cups whole wheat flour

Non-stick cooking spray

Parchment paper

## Nutrition Facts

12 servings per container  
**Serving size** 1 large (128g)

Amount per serving  
**Calories** **230**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 5g           | 6%             |
| Saturated Fat 1.5g            | 8%             |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 0mg        | 0%             |
| <b>Sodium</b> 110mg           | 5%             |
| <b>Total Carbohydrate</b> 44g | 16%            |
| Dietary Fiber 4g              | 14%            |
| Total Sugars 14g              |                |
| Includes 13g Added Sugars     | 26%            |
| <b>Protein</b> 5g             |                |
| Vitamin D 0mcg                | 0%             |
| Calcium 18mg                  | 2%             |
| Iron 1mg                      | 6%             |
| Potassium 146mg               | 4%             |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



# Whole Wheat Månha Titiyas

## Directions:

1. Combine young coconut with juice and macapuno strings with syrup in a large bowl. Use a mixing spoon to gently break down any clumps.
2. Add coconut milk, water, vegetable oil, sugar, and salt. Mix thoroughly.
3. Add whole wheat flour one cup at a time. Mix thoroughly between each cup. Batter should be smooth but thick. Set aside.
4. Place a large griddle or nonstick pan over medium heat. Spray both the griddle/pan and one side of a large sheet of parchment paper with non-stick cooking spray. Set the parchment paper aside.
5. Ladle about 1 cup of batter onto the griddle. Immediately place the parchment paper, cooking spray side down, on top of the batter. Use a spatula on top of the parchment paper to smooth and flatten the batter to about ¼-inch thickness. Remove the parchment paper.
6. Cook until the bottom is lightly browned and the top appears dry, or about 3-5 minutes. Flip and repeat on the other side, cooking an additional 3 minutes.
7. Repeat for remaining batter, being sure to spray non-stick cooking spray on the pan and parchment paper for each new round of batter.
8. Serve warm.

