DietCloud – Recipe

Recipe Name: Rajasthani Style Oliya Recipe (Sweetened Rice Yogurt Pudding Recipe)

Diet Type:

Course: Dessert

Cuisine: Rajasthani

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Cooked rice • 1 cup Curd (Dahi / Yogurt) • 4 tablespoon Sugar - change according to your taste • 4 tablespoon Milk • 1 teaspoon Cardamom Powder (Elaichi) • 1 tablespoon Cashew nuts - chopped • 4 Saffron strands	4

Preparation

• We begin making the Rajasthani Style Oliya Recipe (Sweetened Rice Yogurt Pudding Recipe) by soaking the rice in water for 15 minutes.
• Then pressure cook the rice for about 2 whistle.
• Release the pressure naturally and allow it to cool down completely and mash a little.
• Beat the curd and milk in a bowl to a consistency that you are looking for it can be thick or if you require it to be watery you can add some water.
• Add the boiled rice, sugar, cardamom powder and mix well.
• Now to serve just add few strand of saffron over the top and some chopped cashew nuts.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)