DietCloud – Recipe

Recipe Name: Wheat Rava Halwa Recipe

Diet Type:

Course: Dessert

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Broken Wheat (Dalia/ Godumai Rava) • 1 cup Brown Sugar (Demerara Sugar) • 1 cup Jaggery • 1-1/2 tablespoon Ghee • 1 teaspoon Cardamom Powder (Elaichi)	3

Preparation

• To begin with Wheat Rava Halwa, first crush the jaggery and keep it aside.
• Heat ghee in a pan and then fry the cashew nuts until golden brown.
• Take water in a heavy bottom pan.
• Once water starts to boil, add the wheat rava in a pan.
• Cover and cook till the rava is soft.
• Make sure that it should not be mushy.
• (it took 20 minutes for me to cook as my rava was a bit big)Add the sugar and jaggery to it.
• Let it melt and it will turn into a syrup form.
• This process will take about 5-8 minutes.
• Mix everything well till the syrup gets absorbed by the rava.
• Add ghee and mix everything again and cook for 2 minutes more until the ghee is fully absorbed.
• Add the crushed cardamom powder and fried cashew nuts.
• Turn off heat and it is ready to be served.
• Serve Wheat Rava Halwa as a sweet dish after your meal or prepare it during special occasions and festivals.

Macronutrients

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