

Recipe Name: Bengali Chirer Payesh / Poha Pudding
Recipe With Nolen Gur

Diet Type:

Course: Dessert

Cuisine: Bengali Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Poha (Flattened rice)	6
• 2 tablespoons Rice flour	
• 2 1/2 liter Milk	
• 1 cup Nolen Gur - or brown sugar	
• 2 Cardamom (Elaichi) Pods/Seeds	
• 8-10 Mixed nuts - almonds/cashews	
• 1 tablespoon Raisins	
• 1 pinch Saffron strands - and a little more for garnish	
• pinch Salt	

Preparation

- To cook Bengali Chirer Payesh/Poha Pudding Recipe With Nolen Gur, wash poha/chirer with water and strain the poha.
- Soak the washed and drained poha/chirer in a cup of milk.
- Also mix 1/2 cup of milk with rice flour and keep aside.
- Soak saffron in a little mil.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	70	15	2	30