

Recipe Name: Chirer Dudh Puli Recipe - Bengali Style
Baten Rice Dumpling Milk

Diet Type:

Course: Dessert

Cuisine: Bengali Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Fresh coconut - grated	4
• 1 cup Palm jaggery - use date palm jaggery	
• 1 cup Poha (Flattened rice)	
• 1/2 cup All Purpose Flour (Maida)	
• 1/4 cup Sooji (Semolina/ Rava)	
• 4 tablespoons Milk - warm	
• 1 liter Milk	
• 3/4 cup Palm jaggery - use date palm jaggery	

Preparation

- To begin making the Chirer Dudh Puli recipe, firstly we will make the stuffing.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	18	2	30