

Recipe Name: Badam Halwa Recipe

Diet Type:

Course: Dessert

Cuisine: Awadhi

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup almonds	4
• 1/2 cup ghee	
• 3/4 cup milk	
• 1 tablespoon wheat flour	
• 3/4 cup sugar	
• 2 saffron	
• 1 almond - silver coating (for garnish)	

Preparation

- To make almond pudding, first soak almonds in water for 6 to 8 hours.
- Remove the skin from it after 8 hours.
- Pour the almonds in the mixer grinder and make their course mixer.
- Keep it aside.
- Now add milk, water, sugar and saffron in a saucepan.
- Cook until.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	24	4	40