

Recipe Name: Badam Halwa Recipe

Diet Type:

Course: Dessert

Cuisine: Awadhi

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Badam (Almond)	4
• 1/2 cup Ghee	
• 3/4 cup Milk	
• 1 tablespoon Whole Wheat Flour	
• 3/4 cup Sugar	
• 3 Saffron strands	
• 1 tablespoons Slivered Almonds (Badam)	

Preparation

- To begin making the Badam Halwa Recipe, combine the almonds and enough water in a deep bowl and soak for 8 hours.
- Drain and de-skin the almonds.
- Blend the almonds in a mixer to get a coarse mixture without using any water or milk.
- Keep this badam mixture a.

Macronutrients

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