

Recipe Name: Carrot Orange Walnut Raita (Fruity Nutty Yogurt) Recipe

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 200 grams Curd (Dahi / Yogurt)	3
• 1 Carrot (Gajjar) - grated	
• 1 Orange - peeled and sliced	
• 5 Walnuts - chopped	
• 5 to 6 Cashew nuts - chopped	
• Salt - or sugar as per preference	
• 1/4 Cumin powder (Jeera) - (optional)	
• 1 pinch Raita masala - (optional)	

Preparation

- To begin making the Carrot Orange Walnut Raita, whisk the curd to a smooth texture in a mixing bowl.
- To this add the peeled and grated carrot.
- Once it is done, add the orange segments and chopped walnuts and cashew nuts.
- Mix well and add the seasonings.
- If.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
170	10	20	10	2	15