



Recipe Name: Papaya and Carrot Halwa Recipe

Diet Type:

Course: Dessert

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 4 cups Papaya - peeled and grated	4
• 1 cup Carrot (Gajjar) - grated	
• 1/2 cup Sugar	
• 3/4 cup Milk	
• 1/2 teaspoon Cardamom Powder (Elaichi)	
• 2 Saffron strands	
• 2 tablespoons Badam (Almond) - sliced	
• 1/4 cup Ghee	

Preparation

- To begin making the Papaya and Carrot Halwa Recipe, first get the ingredients ready by grating the papaya and carrots.
- Saute for a few minutes until you get a good aroma.
- Stir in the milk.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	2	40	10	4	30