

Recipe Name: Thulli Recipe (Broken Wheat Halwa)
Diet Type:
Course: Dessert
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Broken Wheat (Dalia/ Godumai Rava)	4
• 3 cups Water	
• 1 tablespoon Fennel seeds (Saunf)	
• 1/2 tablespoon Cardamom Powder (Elaichi)	
• 1-1/2 cup Sugar	
• 4 tablespoons Ghee	
• 10 Cashew nuts	
• 1 tablespoon Milk - lukewarm	
• Saffron strands - few	

Preparation

- To begin making the Thulli recipe, mix lukewarm milk and saffron in a small bowl and keep it aside.
- In a heavy bottom cooking vessel, add 1 tablespoon of ghee and fry cashews on low flame until they turn light brown.
- Turn off the flame and set aside.
- Now in.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	70	16	4	30