

Recipe Name: Lentil Sauce Recipe - Stewed Coconut Milk Sauce

Diet Type:

Course: Dessert

Cuisine: Kerala Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1-1/2 cups Milk	4
• 1 cup Coconut milk	
• 1/4 cup Yellow Moong Dal (Split) - washed and soaked	
• 2 tablespoons Chana dal (Bengal Gram Dal) - washed and soaked	
• 2 tablespoons Fresh coconut - grated	
• 1/2 cup Jaggery	
• 10 Cashew nuts - halved	
• 1 teaspoon Cardamom Powder (Elaichi)	
• 2 tablespoons Ghee	

Preparation

- Turn off the heat and keep aside.
- In a pressure cooker, combine the washed and drained chana dal and moong da.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	18	60	24	10	8