

Recipe Name: Mishti Doi Recipe - Traditional Bengali Sweet Yogurt

Diet Type:

Course: Dessert

Cuisine: Bengali Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 3 cups Milk	3
• 3/4 cup Sugar	
• 1 tablespoon Curd (Dahi / Yogurt) - whisked	
• 1 tablespoon Water	

Preparation

- To begin making the Mishti Doi Recipe, place a heavy bottom pan on the heat.
- Add the milk and warm it on a medium heat.
- Reserve 1/3 of the sugar and add the remaining sugar to the milk.
- Allow it to dissolve while the milk comes to a boil.
- Turn the heat down.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	10	30	0	0	25