

Recipe Name: Sesame Kameer Good Ride (Orange Khair)
Diet Type:
Course: Dessert
Cuisine: Assamese
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 liter Milk	2
• 4 tablespoons Sugar	
• 6 Badam (Almond) - soaked in water for an hour	
• 2 tablespoons Mixed nuts - chopped	
• 1/2 cup Orange pulp	

Preparation

- To begin making the Assamese Komolar Kheer recipe, put the milk in a heavy sauce pan.
- Bring the milk to boil and reduce heat to minimum.
- Keep stirring with a wooden spoon from time to time.
- Soak the almond for a couple of hours and peel.
- Chop or slice the almonds and the cashew nuts.
- When the milk starts to thicken add the dry fruits to the kheer.
- Add sugar and keep stirring.
- Keep stirring for a while.
- Cool the kheer and cover.
- Just before serving add the chilled orange pulp.
- Enjoy as a dessert after a meal.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	6	30	12	4	5