

Recipe Name: Sooji Halwa Breakfast Bowl Recipe

Diet Type:

Course: Indian Breakfast

Cuisine: Indian

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1/2 cup Sooji (Semolina/ Rava)	3
• 1/4 cup Ghee	
• 1/2 teaspoon Cardamom Powder (Elaichi)	
• 1/2 cup Cane sugar	
• 1 tablespoon Cashew nuts	
• Badam (Almond) - a few	
• Mixed fruits - (I used figs	

Preparation

- To begin making Sooji Halwa Breakfast Bowl Recipe, get all the ingredients ready.
- Heat ghee in a saucepan or kadai.
- Once hot, add semolina (sooji) and roast it on low heat till you get a nutty aroma from the pan.
- Now add cardamom powder, cashews and almonds.
- Give it a mix.
- At this stage, add water and cane sugar together and mix well (I used about 1-1/4 cup of water for 1/2 cup semolina).
- Add more water if required to maintain a nice halwa (or thick porridge) consistency.
- Switch off once you see that the halwa is nicely cooked and the rava/semolina has reached its optimal cooked size.
- Serve with a lot of fruits.
- I have served the bowl with coconut slices, banana, fresh figs, pomegranate and kiwi.
- Garnish with slivered almonds and some cashews and you are good to go.

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	5	45	8	2	10

