

Recipe Name: Karnataka Style Gasagase Payasa
Recipe- Poppy seed Payasam

Diet Type:

Course: Dessert

Cuisine: Karnataka

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 3 tablespoon Poppy seeds	4
• 2 teaspoon Rice	
• 2 tablespoon Fresh coconut	
• 4 tablespoon Jaggery	
• 1 cup Milk	
• 2 Cardamom (Elaichi) Pods/Seeds	
• 1 pinch Salt	
• 2 tablespoon Ghee	
• 10 Cashew nuts	
• 10 Raisins	

Preparation

- This will take about 4-6 minutes.
- Turn off the flame and allow it to cool.
- Transfer into a mixer jar.
- Heat a sauce pan with milk on medium flame, add the ground poppy seeds and coconut mixture, cardamom pods, jaggery and bring it to a boil.
- Boil the payasam till it thickens.
- Heat ghee in a tadka pan, on low flame and fry the cashew nuts and raisins for 2 minutes.
- Turn off the flame and pour it over the payasam and serve.

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	5	40	10	3	15

