

Recipe Name: Goan Style Banana Halwa Recipe
(Kelyacho Halwo)

Diet Type:

Course: Dessert

Cuisine: Goan Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 3 Ripe Bananas - Nendra variety	3
• 9-10 teaspoon Sugar	
• 3 tablespoons Ghee	
• 4 Cloves (Laung)	
• 1 teaspoon Cardamom Powder (Elaichi)	

Preparation

- To begin making the Goan Style Banana Halwa Recipe (Kelyacho Halwo), peel and slice the bananas into thin rounds.
- Heat ghee in a heavy bottomed pan over medium heat, add the bananas and stir fry in the ghee for a few seconds until it released an aroma.
- Add a 2 to 3 tablespoons of water, sugar and cloves and cook the bananas on low heat until the liquid thickens.
- When you lift it and drop, it should fall in thick drops and not a stream.
- Once the bananas have a thick halwa like consistency, add the cardamom powder to the Banana Halwa and turn off the heat.
- The Banana Halwa will thicken as it cools down.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	3	45	10	2	20