

Recipe Name: Ragi Halwa Recipe | Healthy Indian Sweet Made With Ragi

Diet Type: Vegetarian

Course: Dessert

Cuisine: Karnataka

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Ragi Seeds - soaked for at least 12 hours	4
• 1-1/4 cup Jaggery	
• 1 teaspoon Cardamom Powder (Elaichi)	
• 3 cups Milk	
• 3 cups Water	
• 50 grams Cashew nuts	
• 3 tablespoons Ghee - + more to grease	

Preparation

- To prepare this yummy Ragi Halwa Recipe | Healthy Indian Sweet Made With Ragi, soak Ragi for at least 12 hours in water and get ready with the other ingredients as well.
- In a saucepan, cook jaggery and 1 cup of water until it is melted (Syrup is not required).
- Now strain this through a sieve to get rid of any impurities within.
- In a tadka pan, heat 2 tablespoons of ghee and fry the cashews until golden.
- Set aside.
- Drain the water from the ragi through a sieve and remove excess water.
- Add Ragi and 1 cup of water in a mixer/blender and blend until very smooth and fine, this helps in extracting as much ragi milk as possible.
- Slowly add another cup of water into this and blend further.
- This process should take about 7-10 minutes depending on the power of your mixer/blender.
- Now pass this liquid through a fine muslin cloth/cheese cloth and separate the ragi milk from the meal.
- Grease a Thaali/rimmed steel plate with some ghee and keep it ready.
- In a wide and deep pan add 2 cups of the extracted Ragi milk, jaggery water and 3 cups of milk and bring this to a boil by mixing with a wooden flat spoon.
- Cook this mixture on medium to high heat, whilst stirring continuously.



- After about 20 minutes of cooking and continuous stirring, add 1 tablespoon of Ghee and continue to stir about 10 minutes.
- You will notice thickening and starts to coat the back of the wooden spoon.
- Cook for a further of 5-6 minutes and whisk in the Cardamom powder and fried cashews.
- Pour the mixture onto a greased thaali and let it cool to room temperature.
- Run a freshly washed Knife to cut the halwa into squares or diamond shaped ragi halwas.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
-----------------	-------------	-----------	---------	-----------	-----------

