

Recipe Name: Atte Ka Halwa Recipe - Whole Wheat Flour Halwa with Khoya

Diet Type:

Course: Dessert

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Whole Wheat Flour	4
• 1/2 cup Sooji (Semolina/ Rava)	
• 1/2 cup Khoya (Mawa)	
• 1 tablespoon Cardamom Powder (Elaichi)	
• 1 tablespoon Badam (Almond)	
• 1 tablespoon Cashew nuts - to garnish	
• 1/4 cup Ghee	
• 1 cup Sugar	

Preparation

- Heat a tablespoon of ghee in skillet on medium heat.
- Add the almonds and cashew nuts and roast until browned and crisp.
- Turn off the heat and keep aside.
- Heat 1/2 cup of water and sugar in a saucepan and allow the sugar to melt completely and keep the hot sugar water aside.
- Heat 1/4 cup of ghee in a heavy bottomed pan or a kadai.
- Add the wheat flour and sooji and roast on medium heat in the ghee for a good 5 to 6 minutes until you get a roasted aroma from the flour and the flour resembles coarse crumbs and has changed to a little darker brown color.
- Cook the Atte Ka Halwa along with a khoya for another 5 minutes.
- Keep stirring continuously and when the halwa begins to thicken add the sugar water and keep stirring continuously.
- Keep stirring for another 5 minutes till you notice the halwa leaves the sides of the pan.



- Once it does turn off the heat and transfer the Atte Ka Halwa to a serving bowl.
- Serve the Atte Ka Halwa along with a traditional Indian meal or simply make it as a dessert for festivals when you have friends and family over.

Macronutrients

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