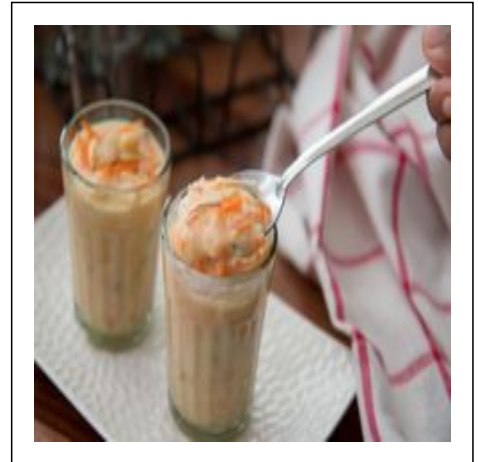


Recipe Name: Carrot Semolina Phirni Recipe
Diet Type:
Course: Dessert
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 2 Carrots (Gajjar) - grated	4
• 500 ml Milk	
• 5 tablespoons Sugar	
• 1/2 cup Sooji (Semolina/ Rava)	
• 1/2 teaspoon Cardamom Powder (Elaichi)	
• 10 Badam (Almond) - blanched	
• 2 tablespoons Ghee	
• 5 Saffron strands	

Preparation

- To begin making the Carrot Semolina Phirni Recipe, we will first saute the grated carrots with a tablespoon of ghee on to a sauce pan.
- Saute them for just 5 minutes.
- Heat milk over sauce pan, add sugar allow it to boil.
- After it has reached the boiling stage, add the grated carrot, cardamom powder, saffron strands and boil it again for another 10 minutes.
- At the end add semolina and stir well so that there are no lumps formed.
- Keep it aside.
- Heat a small sauce pan, add the remaining ghee, once it starts to melt add the silvered almonds and toast them for 10 seconds and pour it over the phirni and serve.

Macronutrients



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

