

Recipe Name: Rajgira Ki Kheer Recipe

Diet Type:

Course: Dessert

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Amaranth Seeds (Rajgira)	4
• 1 liter Milk	
• 2 tablespoons Sugar	
• 2 tablespoons Badam (Almond) - chopped	
• 2 tablespoons Cashew nuts - chopped	
• 2 tablespoons Raisins	
• 1 pinch Saffron strands	
• 2 tablespoons Milk - for soaking saffron	
• 1 teaspoon Cardamom Powder (Elaichi)	
• Rose Petals - to garnish	
• Pistachios - chopped	

Preparation

- To begin making Rajgira Ki Kheer Recipe, first the rajgira has to be popped.
- Heat a kadai on low heat with 2-3 tablespoons of rajgira at a time.
- The rajgira will start popping almost immediately.
- As they keep popping, remove the popped seeds on a plate.
- Repeat the procedure till all the rajgira are popped.
- In a small bowl, add saffron threads to 2 tablespoons warm milk and let it stay for 10 minutes.
- Once all the ramdana/rajgira are popped, in a heavy bottomed pan, bring the milk to boil.
- Once the milk reached to near-boiling, add the popped rajgira and stir occasionally, on medium heat.
- Cook it further for about 10 minutes or till the rajgira are cooked.
- Add the chopped nuts, raisins, cardamom powder, soaked saffron with milk, and simmer for about 5 minutes.
- Switch off heat, garnish with pista and rose petals, and serve.
- You can serve it chilled too.



Macronutrients

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