



Ingredients

1 & 1/2 kg carrot, grated
1 L fat-free milk
3/4 or 1 cup fresh cream
1 & 3/4 cups sugar

Garnishing

1 tsp ghee
8-10 cashewnuts

Nutrients

Approx. calories per serving: 346 Kcal

Procedure

Pour the milk into a 24 cm Tall unit and heat on medium heat until the Thermo Indicator reaches the 60 degree mark. Remove the lid and allow to simmer for some time until the milk thickens a little. Add the grated carrots and fresh cream. Mix well. Cook on medium heat until the carrots soften.

Add sugar. Dry up the moisture, stirring occasionally, until the halwa starts to leave the sides of the unit. Remove from heat and garnish. For garnishing, preheat a 16 cm Regular unit on medium heat until the Thermo Indicator reaches the 20 degree mark.

Add ghee and toast the cashew nuts on low heat until golden brown. Garnish the halwa with toasted cashew nuts and serve hot or cold.