



Nariyal Ki Mawa Kheer

Ingredients

- 50 g Maggi Coconut Milk Powder
- 200 g Carnation Condensed Milk
- 40 g Ghee (clarified butter)
- 50 g Lotus Seed
- 50 g Roasted Unsalted Cashew Nut
- 25 g Blanched almonds
- 50 g Raisins
- 1 pinch Saffron
- 10 g Pine Nut
- 450 ml Water

Instructions

1. In a large saucepan, mix together the condensed milk and Maggi Coconut Milk Powder and water. Add the saffron strands then set aside.
2. In a large frying pan, heat ½tbsp ghee and fry the lotus seeds for a minute before removing from the pan. Once they are cool, crush the seeds and set aside. Heat the remaining ghee and fry all the dried fruits and nuts until golden brown. Tip: Make sure to roast the lotus seeds with ghee until it turns crispy and aromatic. It gives the kheer a rich and nutty flavour that makes it absolutely delicious.
3. Move the saucepan to the heat, then add the crushed makhana (seeds) and fruit to the milk mixture. Bring to the boil, then simmer until thick and creamy. Add the cardamom powder, mix well and remove from heat. Serve hot or cold. Mawa kheer keeps well in the fridge for two to three days. Make sure the kheer is completely cool before putting it in the fridge. Tip: Stir your kheer mixture occasionally to avoid the milk from sticking to the pan's bottom and browning. Also, keep a low to medium-low flame to prevent the kheer from burning.

Nutrition

| | |
|---------------------|-------------|
| Carbohydrate | 26.91 g |
| Energy | 271.95 kcal |
| Fat | 16.8 g |
| Fibre | 0.99 g |
| Protein | 5.32 g |
| of which: saturates | 8.71 g |
| Sodium | 267.95 mg |
| of which: sugars | 267.95 mg |

30 Minutes

8