

A collage of various healthy food items including sliced papaya, walnuts, almonds, granola, and baked goods like bread and cookies, arranged around a central yellow rectangle.

HEALTHY FOOD

Healthy Lifestyle



www.newmother.in

Ingredients -

1/4 cup white sooji,

1 1/4 cups water, 1/2 cup sugar,

1/2 tsp of cardamom powder,

3 tbsp ghee, 5 cashews, 10 raisins

METHOD

1. roast the sooji with 1 tbsp ghee in a pan until the color turns slightly dark, and a slightly roasted aroma.
2. in another vessel, boil the water and sugar together till the sugar dissolves completely. add the cardamom powder to the syrup.
3. slowly add the sugar syrup to roasted sooji while stirring continuously. add 1 tbsp ghee and keep stirring. see that no lumps are formed.
4. cook the halwa until it leaves the sides of the pan.
5. use the remaining ghee to roast the cashew & raisins and add it to the halwa mixture.