

GAJAR KI KHEER



Gajar ki kheer

- Carrots - 1/2 Kg grated finely
- Milk - 1 liter
- Rice - 1/4 cup soaked for 2 to 3 hours
- Sugar - 4 teaspoons or equivalent artificial sweetener
- Illaichi (cardamom) - 4 to 6
- Pista, Almonds as required



Method

- Boil Milk, then add illaichi.
- Add carrots & rice and let it cook on low flame till rice and carrots are done and mixed well with milk. Once it gets thick (takes around 30 minutes) add sugar or artificial sweetener, add fine sliced almonds and pistas.
- After 5 to 10 minutes, remove from flame.

(Since carrots are sweet, this recipe requires less sugar and is healthy and tasty)