

Beetroot Halwa



Ingredients:

- 2 cups Beetroot grated
- 3/4 cups brown sugar
- 2 cups milk
- 1/4 teaspoon cardamom powder
- 10 almonds
- 10 cashew nuts
- 1/4 cup ghee

Serves: 2 persons

Preparation time: 30 min.

Method:

1. Wash, peel the skin and grate beetroot.
2. Heat a table spoon of ghee, add grated beetroot and fry it till the raw smell goes.
3. Then add 2 cups of milk and cook the beetroot on low flames, stirring in between. Cook till the beetroot becomes soft and all the milk evaporates.
4. Then add sugar and cook till sugar dissolves and gets mixed well with the beetroot.
5. Add cardamom powder, remaining ghee and cook for a few more seconds.
6. Garnish with cashew nuts, almonds and mix well. Serve hot or warm.