

Ingredients

Quantity	Measure	Ingredients	Description
1	Tablespoon	Almonds	or pistachios chopped
Half	Teaspoon	Cardamom Powder	
500	Grammes	Carrots	peeled and grated
1	Tablespoon	Ghee	
Quarter	Teaspoon	Kesar/Saffron	crushed
Half	Teacup	Mawa (Khoya)	or milk powder
200	ml.	Milk	
Half	Teacup	Sugar	ground

Method

Mix **carrot and milk** in a deep microwave proof bowl - Leave enough space in the bowl so that the liquid does not overflow when boiling. Bake on high temperature for 8 minutes. Stand it in the oven for 5 minutes then remove and stir well, add **khoya or milk powder**

er
and
sugar
and stir again. Again, put it in the Microwave Oven on high for 8 minutes followed by standing it in the oven for 3 minutes. Remove and add ghee,
cardamom powder
and mix well. Again put it back in the oven on high for 2 minutes.

Garnish with **chopped nuts**.