

Indian Spiced Almond Milk And Ice cream

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/almond-milk-indian-recipe>

Ingredients:

- 4 cups almond milk
- 3 tablespoons sugar
- 6 saffron
- 10 cardamom pods
- 1/2 teaspoon black pepper corns
- 1 tablespoon fennel seeds
- 20 almonds
- 20 pistachios
- 2 tablespoons sunflower seeds

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 31 grams
3. Fat: 11 grams
4. Fiber: 6 grams
5. Protein: 12 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 125 milligrams
8. Sugar: 17 grams

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