

Apple Rabdi / Indian Apple Pudding

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 1 full cream milk
- 1/4 cup sugar
- bread slice - 2, remove the corners and mix in a blender
- 1/4 teaspoon cardamom powder
- 3 drops essence
- 2 apples
- fruits for garnishing, optional

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 5 milligrams
4. Fat: 2 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 115 milligrams
9. Sugar: 28 grams

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