

Namoura or Basbousa | Middle Eastern Semolina Cake

Yield: 15 min
Total Time: 165 min

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

Ingredients:

- 1/2 cup sugar
- 1/4 cup water
- 1 green cardamom
- lemon juice a squeeze of
- 1 teaspoon orange blossom water
- 1 teaspoon rose water
- 3/4 cup coarse semolina
- 2 tablespoons semolina fine, or desiccated coconut
- 1/4 cup sugar
- 1 teaspoon baking powder
- 1/4 cup ghee or butter, melted
- 1/3 cup yoghurt plain
- 1 teaspoon orange blossom water
- 1 teaspoon rose water
- 2 teaspoons Tahini to grease the baking dish
- 15 almonds soaked, peeled and halved

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 18 grams
3. Fat: 4 grams
4. Fiber: 1 grams
5. Protein: 2 grams
6. Sodium: 40 milligrams
7. Sugar: 10 grams

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