

Carrot Halwa (Gajar Halwa)

Yield: 8 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/ricotta-cheese-frosting-indian-recipe>

Ingredients:

- 3 cups carrots finely chopped, tightly packed
- 1/2 cup ghee If you can't find this near you, you can make your own ghee
- 1/4 cup cashews split in half
- 1/4 cup sliced almonds
- 1 cup ricotta cheese whole
- 1 cup milk dried, I used skim and it worked fine, but if you can find whole milk, use that
- 1/4 cup milk I used 2%, but whatever you have around will work
- 1 cup sugar
- 1/2 teaspoon ground cardamom
- 1/4 cup shelled pistachios crushed

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 20 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 4 grams
8. Sodium: 85 milligrams
9. Sugar: 30 grams

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