

Aval Kesari (South Indian Poha Sheera for Gokulashtami)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-dish-poha-recipe>

Ingredients:

- 1/2 cup poha Aval or Thick, Jada Poha 1/2 cup is 125 ml measurement
- 1/2 cup sugar
- 1 cup water
- 3 tablespoons ghee or Clarified Butter 1 tbsp is 15 ml, read notes below
- 2 drops food colour Orange
- 1 tablespoon fruits Chopped Dry, Cashew and Almonds
- 1 pinch cardamom powder
- 3 saffron strands for garnish, optional

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 27 grams
3. Fat: 8 grams
4. Fiber: 1 grams
5. Sugar: 26 grams

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