

Indian Carrot Halwa Chia Pudding

Yield: 2 min
Total Time: 490 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-dishes-recipe-in-english>

Ingredients:

- 1 can full fat coconut milk not light, Thai Kitchen or Whole Foods brand only; other brands tend to make pudding that's too chunky or...
- 1/4 cup chia seeds
- 2 medium carrots peeled, grated and divided
- 2 tablespoons pistachios shelled and divided
- 2 tablespoons sliced almonds divided
- 4 tablespoons golden raisins divided
- 1 teaspoon ground cardamom

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 41 grams
3. Fat: 61 grams
4. Fiber: 14 grams
5. Protein: 11 grams
6. SaturatedFat: 43 grams
7. Sodium: 80 milligrams
8. Sugar: 18 grams

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