

Sooji Halwa | Sheera | Indian Semolina Pudding

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1/2 cup semolina Sooji/Rava fine
- 1/4 cup ghee
- 1/3 cup sugar can be increased to 1/2 cup depending on taste
- 1/2 cup milk
- 1 1/2 cups water
- 1/8 tablespoon cardamom powder Elaichi
- saffron Kesar few strings
- 1/4 cup mixed nuts chopped, divided, cashews, almonds, pistachios, raisins

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 5 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 1 grams
8. Sodium: 85 milligrams
9. Sugar: 19 grams

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