

Kutia - Celebrating Ukrainian Christmas

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/kutia-ukrainian-christmas-recipe>

Ingredients:

- 2 cups wheat
- 3 quarts water
- 1 cup poppy seed ? cup of sugar, I used brown this year
- 1/3 cup honey I used high grade maple syrup

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 56 grams
3. Fat: 15 grams
4. Fiber: 7 grams
5. Protein: 11 grams
6. SaturatedFat: 2 grams
7. Sodium: 45 milligrams
8. Sugar: 24 grams

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