

Turkish Noah's Ark Pudding Asure

Yield: 6 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/noah-s-pudding-turkish-recipe>

Ingredients:

- 3 cups barley or uncooked whole grain wheat
- 1 1/2 cups canned chickpeas rinsed and drained
- 1 1/2 cups navy beans canned, rinsed and drained
- 1/4 cup uncooked rice
- 3 tablespoons dried currants
- 3 tablespoons pine nuts
- 8 dried apricots cut into chunks
- 8 dried figs cut in chunks
- 3 cups sugar
- 2 cinnamon sticks
- 1 Orange optional
- 1 lemon optional
- 2 tablespoons rose water optional

Nutrition:

1. Calories: 920 calories
2. Carbohydrate: 212 grams
3. Fat: 5 grams
4. Fiber: 21 grams
5. Protein: 18 grams
6. Sodium: 140 milligrams
7. Sugar: 105 grams

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