

Almond Kheer (Indian Rice Pudding)

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-almond-milk>

Ingredients:

- 3/4 cup basmati rice
- 1 1/2 cups water
- 4 cups almond milk
- 3/4 cup sugar
- 2 teaspoons vanilla extract
- 1/2 cup almonds and cashew nuts chopped, you can use one of the other
- 2 tablespoons golden raisins
- 3/4 teaspoon cardamom powder seeds from about 10 pods, crushed
- 1 tablespoon canola oil

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 81 grams
3. Fat: 18 grams
4. Fiber: 3 grams
5. Protein: 14 grams
6. SaturatedFat: 1 grams
7. Sodium: 130 milligrams
8. Sugar: 48 grams

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