

Heart Healthy Recipe Exchange

Carrot Halwa

Category: Dessert

Description: Dessert



From the Kitchen of:
Raji Iyer

Servings:	4
Prep Time:	20 minutes
Total Time:	20 minutes

Ingredients:

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1. One pound of carrots (shredded)

 2. 3 cups of milk

 3. ½ cup powdered almonds or almond flour

 4. 1 ½ cups of sugar (¾ cup brown sugar and ¾ cup of granulated sugar)

 5. ½ cup of ghee

 6. 10-12 cardamoms, peeled and crushed

 7. 2 tbsp. of chopped pistachio for garnish

Directions:

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1. Combine milk and carrots in heavy bottom pan and boil to medium flame till all milk is evaporated, stirring occasionally.

 2. Add powdered almonds or almond flour, and a little ghee. Mix well for 2 minutes.

 3. Add sugar and remaining ghee, mix well. Continue stirring occasionally till halwa comes together in a thick form and the ghee starts to separate a little.

 4. Stir halwa continuously to prevent burning. Add crushed cardamom and mix well.

 5. Turn off stove. Transfer halwa to a serving dish and garnish with chopped pistachio.

 6. Serve warm. If desired, include a scoop of vanilla ice cream on the side.
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Notes:

Halwa is famous throughout South Asia, and have different regional varieties. They are often eaten for dessert and are served during many festive and religious holidays. Halwa originates from Iran, and are also extremely popular in the Middle East, Central Asia, Balkans, Caucasus, North Africa and the Horn of Africa.

Comments on Nutritional Value (Dr. Divya Selvakumar):

Carrots provide an excellent source of Vitamin A, beta-carotene and Vitamin B6. To make halwa heart-healthy, low-fat or non-fat milk can be used; almond milk can also be utilized as a substitute. Reducing the quantity of ghee can be helpful for heart patients. Using organic unrefined brown sugar only can be replaced. Cardamom is known as the Queen of Spices in Ayurveda and has a long list of benefits e.g. bladder/kidney support, reduction of blood pressure, digestive aid and promotes healthy metabolism. Pistachio improves sleep and helps people with anxiety and insomnia.