

Carrot Kheer – Sweet Recipes



Carrots are really an amazing and popular vegetable next to potatoes. Carrot Kheer is a simple and healthy recipe that can be done quickly. It has a good flavors, rich in sweetness and a visual treat to eyes because of its vibrant orange color. Adding milk, ghee and nuts gives extraordinary taste to the kheer.

Ingredients

- 2 Shredded Carrots (Big)**
- 1.5 Cup of Milk**
- 3 Tbsp of Sugar**
- 3-4 Cardamom**
- 10 Cashews**

3 Tsp of Ghee

Method



- **Peel the skin of the carrots and shred it using shredder.**
- **Heat a pan with 2 Tsp of Ghee, roast the cashews till it turns brown. Add shredded carrots to it and saute well for 2 mins until raw smell goes away. Add little water and allow it to boil for another 2 mins. Switch off the stove. Let it cool down.**
- **In a blender, grind this carrot- cashew mixture to a smooth paste.**
- **Again heat a pan with 1 tsp of ghee, add this ground paste and milk. Mix well.**
- **Add sugar and stir well. Cook for 5- 8 mins until you get thick consistency.**
- **Add cardamom and stir well again.**
- **Switch off the stove. Garnish it with roasted cashews.**
- **Leave it in counter top for 15 mins .Let it cool down.**
- **Keep refrigerated for 30 mins and enjoy your drink !!!!**

Tips

- **Add condensed milk for extra sweetness.**

- Add nuts of your choice(Almonds or pistachio)
- As carrot gives natural color, I didn't add saffron to kheer.



Health Benefits of Carrot

- Rich sources of Vit B1, Vit B2, Vit B6, fiber, potassium and thiamine.
- Improves vision.
- Contains Beta-carotene, which serves as a antioxidants
- It has anti-aging properties.

Sending recipe to

[zesty south Indian Kitchen](http://zesty-south-indian-kitchen.blogspot.com)



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