

Carrot Halwa / Gajar Ka Halwa – Microwave Method / Easy Diwali Sweets

“200th Recipe “



[Pin it](#)

Hi Friends,

I'm really excited to write my 200th post. Its been 10 months

since I started my blog. I'm very happy that I shared and posted almost 200 recipes. Thanks for the comments, support and appreciation as I continue traveling in my culinary journey. Thank you everyone ☺ ☺

Gayathri Ramanan

Carrot Halwa / Gajar Ka Halwa is a traditional Punjabi dessert made with carrot, milk, ghee and sugar. This rich and colorful dessert is getting popular worldwide, also you can see this in Indian restaurant menu card. This is very quick to make dessert using microwave. You can also make this in stove top or pressure cooker. Addition of ghee and nuts makes the dessert more rich and delicious. The cardamom gives good aroma and a flavor to the dish. You can make this halwa for any special occasion. Serve this halwa with ice cream on top. Try this recipe and enjoy ☺ ☺



Ingredients

- 2 Carrots, Large (1 and 1/4 Cup)
- 1 Cup of 2% Milk
- 6 Tbsp of White Sugar
- 2 -3 Tbsp of Ghee (Clarified Butter)
- 2 Cardamom Pods
- Handful of Roasted Cashew Nuts

Method

- Wash, peel and grate the carrots, I got 1 Cup of Grated carrots. Crush the cardamom seeds in a mortar and pestle to a fine powder. Keep this aside.
- In a microwave safe bowl, add ghee (1 Tbsp) and grated carrots. Microwave this for 5 mins.

- Add milk and stir well. Microwave this for another 5 mins, stirring for every 2 mins.
- Add cardamom, ghee(1Tbsp) and sugar, stir well. Microwave this for 12 mins until carrots turns soft and milk fully absorbed, stir it for every 5 mins. Carrot halwa is ready.
- Garnish it with roasted cashews or any nuts of your choice. Serve it warm or cold.



Tips

- You can use condensed milk instead of adding 2% fat milk.
- Add any nuts of choice for garnish.
- If you have unroasted cashews, roast it in ghee before you serve.
- You can also serve this halwa with ice cream on top.
- It will lasts for 2-3 days so refrigerate it in an air

tight box.

- Adjust the amount of sugar according to your taste.
- When you add sugar, the mixture turns watery so microwave till all the milk is absorbed.



Health Benefits of Carrot

- Good for the eyes.
- Prevents cancer.
- Vitamin A and antioxidant in carrot protect the skin from sun damage.
- Prevents heart disease and stroke.
- It has anti-aging property.

- **sending recipe to** [“Walking through the memory lane” event \(WTML\) Gayathri’s Cook Spot.Daythroughmylife](#)



[Vegetable Bread Roll Recipe /
Veggie Bread Rolls – Indian
Snack](#)



[Pin it](#)

Vegetable Bread Roll Recipe is a delicious and healthy evening snack to eat with a cup of tea. They are easy and quick to make recipe with healthy ingredients. You can use whole wheat bread or white bread to make this dish. I have given recipe with step by step pictures. Have this veggie bread rolls with hot tomato chilli ketchup. Also it is great liking recipe both for kids and adult. You can also pack this vegetable bread roll for kids lunch box.

Ingredients

- 2 Whole Wheat Bread Slices
- 1 Large Carrot, Finely Chopped
- 2 Tbsp of Green Peas
- 4 Green Beans, Chopped
- 2 Tbsp of Onion, Finely Chopped
- 1/2 Tsp of Ginger Garlic Paste
- Pinch of Turmeric Powder
- 1/2 Tsp of Red Chilly Powder
- 1 Tsp of Coriander Powder
- Pinch of Garam Masala
- Salt to taste
- 5 Curry Leaves
- 1 Tbsp of Coriander Leaves
- 2 Tsp of Oil To Saute The Vegetable
- 1 Tbsp of Oil / Butter / Ghee for Shallow Fry

Method

For Vegetable Stuffing

- Heat oil in a pan, add cumin seeds and curry leaves, after it splutter, add chopped onion and ginger-garlic paste, fry this for 2 mins until onion soften and changes color and raw smell vanishes.
- Add carrot, peas, beans and salt, saute this for few mins and cook until vegetables turns soft.
- Add coriander powder, turmeric powder, red chilly powder and garam masala, fry this for few mins.
- Finally add the chopped coriander leaves and turn off the flame.



For Bread Rolls

- Cut the brown crust of the bread, roll it slightly with a rolling pin.



- Add the stuffing in middle of the bread and then roll it and finally seal the end of the bread with few drops of bread.



- Heat oil / ghee in a pan, shallow fry the bread roll until it turns golden brown color and crisp.



- **Serve hot with tomato ketchup.**



Tips

- **You can deep fry the bread rolls instead of shallow frying.**
- **You can also bake it in oven until it turns crispy.**
- **Adjust the amount of red chilly powder according to your taste.**

- Use any vegetables for your choice for stuffing.
- You can also have cheddar cheese slice or any cheese instead of having vegetable stuffing.

Health Benefits of Vegetables

- Vegetables are home for antioxidants.
- Vegetables are packed with soluble and insoluble fibers.
- They are rich in vitamins and minerals.



Anti-Aging Berry Medley Smoothie



Anti-Aging Berry Medley Smoothie



Fruits are very good for our health. Fruits provides vital nutrients for our body, fights free radical damage and diseases, hydrate us and keep us looking and feeling younger from inside out. The key ingredients in this smoothie are strawberry, blueberry, raspberry, blackberry and banana. Berries are packed with vitamins, minerals, fiber, anti-oxidants and low in calories. Blend them with the low fat milk

which is rich in calcium and protein. Therefore you get a glass full of creamy smoothie, full of deliciousness. So start your day with this yummy healthy drink ☐



Ingredients

- 1 Banana**
- 1/4 Cup of Blueberries**
- 1/4 Cup of Raspberries**
- 1/4 Cup of Strawberries**
- 1/4 Cup of Blackberries**
- 1/2 Cup of Milk (low fat)**
- Ice Cubes**

Method

- Combine all the ingredients in a blender and blend until smooth.
- Pour into the glasses and serve immediately.



Tips

- You can add sugar or honey or agave to the drink. I didn't use sugar because all the fruits has sugar in it.
- If you are a vegan, add soy milk or almond milk instead of adding plain milk.
- If you don't like seeds or skin of fruits in your drink, just strain it with strainer.

Health Benefits of Berries

Blueberry : High in anti-oxidants, reducing belly fat, good for digestion, anti-aging, heart and brain.

Strawberry : Boosts immunity, good for eye health, anti-aging, fight cholesterol and cancer.

Blackberry : Prevents cancer, good for skin, eye, digestion, anti-aging, diabetes and bones.

Banana : High in fiber, lowers the blood pressure, high in potassium, high in nutrient absorption.

Raspberry : Low in calories, anti-aging and anti-cancer properties, weight management benefits

Two tall, clear glass mugs with handles are filled with a thick, pinkish-red smoothie. The smoothie is speckled with small, dark and light-colored berries. The glasses are set against a vibrant green, textured background that resembles crinkled paper. A watermark is visible at the top of the image.

foody-buddy.blogspot.com

Anti-Aging Berry Medley Smoothie