

Cracked Wheat with Sugar, Cardamom and Milk

Dalia Kheer



- 3 tsp cracked wheat or other (rice, poha, vermicelli, tapioca, sago, lotus seed, carrot)
- 1 cup milk
- 4 tsp sugar
- 4 cashews - chopped
- 1 tsp sultanas/raisins
- 4 almonds - chopped
- 1 tsp ghee

Optional flavours:

Saffron 5-6 strands soaked in hot water

Pistachio 4-5 chopped

Rose – petals or rosewater 1 tsp

Cardamon powder ¼ tsp

1. Heat ghee, add wheat and roast 3-5 minutes until brown.
2. Add milk and simmer for 15-20 minutes until cooked.
3. Add sugar and dried fruits plus any of the optional flavours.

*To cook the kheer faster the wheat can be cooked in water first and then milk can be added.