

Sweet poha

Poha or beaten rice can be used as a complete meal by adding mixed vegetables or fruits or dry fruits of our choice. It is a cholesterol free, gluten free, and rich in iron, vitamin C, A and calcium. It is a great meal option for diabetics as it's slow release of sugar into the blood stream. Let us see one of the recipes of poha which lasts for 2-3 days in the normal temperature.

Ingredients- Thin beaten rice/poha-3cups

Coconut- 1cup

Jagerry-1/2 cup

Sesame seeds/ til-1tsp

Honey, ghee -1tsp each

Cardamom-1/4tsp

Dry fruits.



Bring to boil jagerry by adding 3 tbs of water and strain. Add coconut gratings and stir for few minutes in low flame. Let it to cool down completely. Dry roast sesame seeds and add to this mixture. Roast cashew nuts and raisins by



adding ghee. Mix all these ingredients by adding a pinch of cardamom and honey and few drops ghee (optional). Now add poha and mix well. Rich healthy Sweet poha is ready!

Om shanti