

Moong Dal Kheer

Introduction

This recipe is so yummy and my husband love this so much. Its very healthy option since it is easy on your stomach. My sister-in-law taught me how to make this and would love to share this with you.

Ingredients

- 1 cup Moong Dal
- 1 Cup Grated Coconut
- 1/2 tsp Cardamom Powder (Elaichi)
- 1/2 tsp Nutmeg (Jaifal) powder
- 200 gram Jaggery or Gud
- Cashew nuts for garnishing

Method

- Cook the Moong dal on stove. Please make sure that you do not overcook moong dal
- Once dal is cooked then we need to make coconut milk. For that take 1/2 cup coconut and add 1/2 tsp Jaifal and Elaichi and 1/2 cup water in coconut mixture and grind them into fine paste.
- Then do not strain the coconut milk and just add them in cooked moong dal. After that put Jaggery in dal and 1 cup water and cook until dal gets soft.
- You can add soaked Sabudana in it.
- Finally garnish it with Cashew or any nuts of your choice.
- Serve this delicious kheer hot and it's truly an healthy option to eat