Carrot Halwa

Source: Recipe by Nandita Shah

Serve this delicious dessert hot or at room temperature.

About the Recipe

97 Calories · 2 g Protein · 3.6 g Fiber
Dessert
Gluten-free

Ingredients

Makes 4 Servings

- 1/4 c (33 g) raw cashews
- 4 c (220 g) grated carrots (about 6 carrots)
- 1/4 c (40 g) golden raisins
- 1/2 tsp (2.5 mL) ground cardamom
- 1/4 tsp (1.2 mL) agave nectar, raw sugar, or jaggery, or to taste
- 1 tsp (5 mL) roasted almond slivers (optional) **optional*

Directions

1. To make cashew paste, place raw cashews in 1 c (240 mL) of water to soak for half an hour.
2. After cashews are soaked, place them in a food processor and process into a smooth paste. To achieve a more paste-like texture, pour out the water and continue to grind the cashews and then add a little water if needed to achieve desired consistency.
3. In a medium saucepan with a steamer, cook carrots until tender when pierced with a fork.

4. Once carrots are tender, remove steamer basket and place carrots in saucepan with cashew paste, raisins, and cardamom and cook until heated through, about 2 minutes.
5. Taste the dish and add agave nectar, as desired. Garnish with almond slivers before serving, if desired.

Nutrition Facts

Per serving (1/4 of recipe):

Calories: 97

Fat: 2 g

Saturated Fat: 0.3 g

Calories From Fat: 18%

Cholesterol: 0 mg

Protein: 2 g

Carbohydrate: 19.4 g

Sugar: 11.6 g

Fiber: 3.6 g

Sodium: 79 mg

Calcium: 44 mg

Iron: 0.7 mg

Vitamin C: 6.8 mg

Beta-Carotene: 11,026 mcg

Vitamin E: 0.9 mg