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

• raw cashews (1/4 cup)
• grated carrots (4 cups)
• golden raisins (1/4 cup)
• ground cardamom (1/2 tsp.)
• agave nectar, raw sugar, or jaggery, or to taste (1/4 tsp.)
• roasted almond slivers, for garnish (1 tsp.)

Directions

1. To make cashew paste, place 1/4 cup (33 grams) raw cashews in 1 cup (240 milliliters) of water to soak for half an hour.
2. After cashews are soaked, place them in a food processor and process into a fairly 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 sauce pan with a steamer, cook carrots until tender when pierced with a fork.
4. Add cashew paste, raisins, and cardamom and cook until heated through,
about 2 minutes.

5. Taste the dish and add agave nectar, raw sugar, or jaggery as desired. Garnish with almond slivers before serving, if desired.

**Nutrition Facts**

*Per serving:*

**Calories:** 97  
**Fat:** 2 g  
  **Saturated Fat:** 0.3 g  
  **Calories from Fat:** 18%  
**Cholesterol:** 0 mg  
**Protein:** 2 g  
**Carbohydrates:** 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