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,
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