

# 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.&nbsp;

4. Add cashew paste, raisins, and cardamom and cook until heated through, about 2 minutes.&nbsp;
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