



GAJAR KI KHEER

- Carrots - 1/2 Kg grated finely
- Milk - 1 litre
- Rice - ¼ cup soaked for 2 to 3 hours
- Sugar - 4 teaspoons or equivalent artificial sweetener
- Illaichi (cardamom) - 4 to 6
- Pista, Almonds as required



Method

- Boil Milk, then add illaichi
- Add carrots & rice and let it cook on low flame till rice and carrots are soft and mixed well with milk. Once it gets thick (takes around 30 minutes) add sugar or artificial sweetener, add fine sliced almonds and pistas
- After 5 to 10 minutes, remove from flame

Serves: 4-5 people

Quick tips: Carrot not only makes Kheer or Paysum look beautiful, but also is rich in Vitamin A. Since carrots are already sweet, this recipe requires much less sugar.