

PRIMAL INDIAN DESSERT – GAJJAR KA HALWA (CARROT PUDDING)

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Here's an Indian dessert that's not only real food, but super healthy in that it's primary ingredient is a vegetable – carrots.

It's nutritious and filling and can be given to the kids instead of other icky sweet stuff. This is a nice dessert if you've switched to eating real food and still have a sweet craving now and then.

Ingredients

- 1 kg carrots. (about 2 cups – grated carrots -The nice red ones you get in this season)
- ½ cup heavy cream
- 1 cup milk
- 1 teaspoon cardamom (elaichi) powder
- 3 tablespoons ghee
- 4 tablespoons blanched almonds cut in halves.
- Honey to taste (I use half a cup)

Method

In a non-stick pan, heat up 2 tablespoons of ghee. Add the grated carrots and let them simmer slightly. Pour in the heavy cream and the milk and keep stirring until the milk dries up and is reduced.

Add honey and keep stirring till you get a semi solid consistency. Add the 3rd tablespoon of ghee and the cardamom powder and continue cooking. Once the carrots are cooked and there are no remnants of milk, remove from the pan and put in a bowl. Garnish with the chopped almonds. The beauty of this dish is that the sweetness of the red carrots does not make it necessary to add too much by way of additional sweeteners.

You can also use bottle gourd in place of carrots. (Dudhi ka Halwa) Bottle gourd cooks faster and is also a nutritious, delicious and popular dessert in India.

