

SABUDANA KHEER | HOW TO MAKE SABUDANA KHEER | SAGO PUDDING

One of the most common and popular sweet dish made during fast or any festive season or Puja is Sabudana kheer. It is highly nutritious, can be made in a jiffy and is cherished by everyone specially during fasting days.

Although sabudana (sago) is bland is taste, but the addition of dey fruits, cardamom powder and saffron adds tastes and flavours to the same.

INGREDIENTS –

1 litre – Full fat milk

1/2 cup – Sabudana/ Sago

1/2 cup – Sugar or as per your preference

1/2 tsp – Cardamom powder

A few Saffron strands

1/4 cup – Dry fruits silvered (pistachio, almonds)

METHOD –

Wash the sabudana in running water a couple of times and soak in water for 30 minutes.

Heat milk in a heavy bottom pan.

When the milk comes to a boil, add the soaked sabudaan and saffron strands.

Let the kheer cook in medium flame till it gets thick and the sabudana are cooked, for about 25-30 minutes.

Keep stirring occasionally so as to avoid sticking.

Add the sugar and cardamom powder and mix well. Garnish with pistachios and almond.
Serve hot or chilled.

ENJOY:))
HAPPY EATING!!

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