



Semolina Sheera With Sugar

07 Nov 2016 15 Min

Details

An authentic Indian dessert made with water and suji adding the nutritional values and making a healthy dessert that is suitable for all.

Ingredients



30.0 Gm(30.0 gm) Suji



2.0 Tbsp(26.0 gm) Sugar



1/4 Powder Tsp(0.5 gm) Green Elaichi



1/4 Powder Tsp(0.5 gm) Nutmeg



2.0 Tsp(8.0 gm) Ghee



150.0 MI(150.0 ml) Water

Method (Step-By-Step)

- **For making rava sheera**

In a pan add 1/4 cup semolina (rava), roast it little. Add 2 tsp ghee and mix it.

- Add 4 tbsp sugar, mix it and add the required amount of water.
- Add 1/4 tsp cardamom powder (elaichi powder), 1/4 tsp nutmeg powder. Mix it well.
- Cover and cook.
- Serve it hot.