



Sooji Ka Halwa (Dessert made with Semolina)



Serving
8-12



Prep
10 Minutes



Cook
25 Minutes



Contributer
Anisha Mahajan PhD (c), MPH,
RD, CDE

- 1 cup Sooji flour (Semolina flour)
- 5 tsp Sugar, granulated
- 2.5 cups Water
- ¼ cup Raisins
- ¼ cup Pistachios, shelled
- 1 tsp Cinnamon, powder
(can adjust amounts based on taste)
- 1 tsp Cardamom, powder
(can adjust amounts based on taste)
- To taste Sugar, powdered (optional)
- 1 tsp Olive oil (optional)

1. Add *sooji* flour, in a heavy weighted pan and on low heat. Stir this continuously until the flour turns very slightly brown. This should take approximately 5-7 minutes.
2. In a separate pot, add water, cardamom and cinnamon and raisins. On high heat, boil the mixture.
3. Take the mixture in Step 2 it is boiling and add to the sooji pot. Continuously stir until the flour thickens.
4. Grind pistachio (using a mortar pestle or in a coffee grinder depending on how fine you would like it). Add to the mixture in Step 3.
5. Take the pan off the stove to cool. Serve this warm with some powdered sugar sprinkled on top.

Variation

For a typical South Asian halwa (dessert) recipe, ghee is added, and high amounts of sugar is used. However, for the healthy recipe version of this dessert, reduced amounts of sugar and no ghee has been used.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

