

Ragi Malt

Recipe Makes: 1 serving

Nutritional Value (per serving)

Calories: 218 kcal **Protein:** 10.7 g **Carbohydrate:** 27.5 g **Fat:** 10.7 g

Ingredients

1 tablespoon Ragi Flour (Finger Millet)

¼ cup Water

1 cup Milk

1 teaspoon Almond Powder

½ teaspoon jaggery

¼ teaspoon Cardamom (Elaichi) Powder

½ teaspoon Dry Ginger Powder

Saffron Strands, a pinch – Optional

1 teaspoon Ghee or Butter



Instructions

1. To prepare, melt ghee in a saucepan and add the ragi flour to it. Roast it well on a medium flame until it changes colour and gives the aroma of roasted flour.
2. Then reduce the flame and pour water to the roasted flour. Keep whisking continuously and you will begin to notice it will start to thicken.
3. At this stage pour the milk and keep stirring well ensuring that there are no lumps in the Ragi Malt.
4. Add jaggery, cardamom powder, saffron and almond powder to it. Cook in medium flame until the Ragi Malt becomes little thick like porridge. Once done, turn off the heat and serve.