

Dessert Dash Recipe Collection

NWABR Staff and Board

Our Annual Speak Up for Research Gala typically peaks with a Dessert Dash. Attendees compete for the privilege of dashing for a treat from the dessert table. Our 2020 virtual Gala has challenged us to include some kind of dessert comradery, thus is born our Dessert Dash Recipe Collection. Submissions by the NWABR Board and Staff.

A note about dessert and Type 1 Diabetes. As you know, the cause of T1D is not sugar, but genetics and other factors that affect a person's insulin production. People with diabetes can eat sweets, but one should fit them in, along with an overall healthy diet. Power foods recommended by the American Diabetes Association [WebMD, <https://www.webmd.com/diabetes/diet-type-1-diabetes>] and found commonly in desserts include whole grains, nuts, berries and citrus fruits.

Abbreviations in this collection:

Teaspoon= tsp

Tablespoon= TBS

Cup= c

Ounce= oz

Recipes

1. Anthony Fauci's Childhood Cheesecake (Maybe?), Junior's
2. Apple Crisp, Kim Stocking
3. Barb's Best Brownies, Jen Wroblewski
4. Chocolate Avocado Mousse, NWABR
5. Christmas Wreath Cream Cheese Cookies, Kara Manning Drolet
6. Date Bars, Gluten Free and No Sugar Added, Sally Thompson-Iritani
7. Heavenly Layered Dessert, James Riddle
8. Hot Fudge Pudding Cake, Wendi Russac
9. Italian Plum Cake, Charlotte Shupert
10. Ken's Pavlova, Ken Gordon
11. NY Cheesecake, Heather Peters
12. Panic, Richard Burrows
13. Peanut Butter Chocolate Bars, NWABR
14. Rice Pudding (Kheer), Mansi Kaushik

Anthony Fauci's Childhood Cheesecake (Maybe)

Junior's Famous Cheesecake, near where Fauci grew up

<https://www.timeout.com/newyork/news/how-to-bake-juniors-famous-cheesecake-from-scratch-at-home-042220>

Ingredients

For sponge cake crust

1/3 c sifted cake flour
3/4 tsp baking powder
Pinch of salt
2 extra-large eggs, separated
1/3 c sugar
1 tsp pure vanilla extract
2 drops pure lemon extract
2 TBS unsalted butter, melted
1/4 tsp cream of tartar



For cheesecake filling

Four 8-oz packages of cream cheese (full fat, at room temperature)
1 2/3 c sugar
1/4 c cornstarch
1 TBS pure vanilla extract
2 extra-large eggs
3/4 c heavy or whipping cream

Method

Preheat the oven to 350°F. Generously butter the bottom and sides of a 9-inch springform pan. Wrap the outside with aluminum foil, covering the bottom and extending all the way up the sides. The first step is to make the cake crust.

In a small bowl, sift the cake flour, baking powder, and salt together.

Beat the egg yolks in a large bowl with an electric mixer on high for 3 minutes. With the mixer running, slowly add 2 tablespoons of the sugar and beat until thick light yellow ribbons form, about 5 minutes more. Beat in the extracts.

Sift the flour mixture over the batter and stir it in by hand, just until no more white flecks appear. Now, blend in the melted butter.

Now, wash the mixing bowl and beaters really well (if even a little fat is left, this can cause the egg whites not to whip). Put the egg whites and cream of tartar into the bowl and beat with the mixer on high until frothy. Gradually add the remaining sugar and continue beating until stiff

peaks form (the whites will stand up and look glossy, not dry). Fold about one-third of the whites into the batter, then the remaining whites. Don't worry if you still see a few white specks, as they'll disappear during baking.

Gently spread out the batter over the bottom of the pan, and bake just until set and golden (not wet or sticky), about 10 minutes. Touch the cake gently in the center. If it springs back, it's done. Watch carefully and don't let the top brown. Leave the crust in the pan and place on a wire rack to cool. Leave the oven on while you prepare the batter.

Put one package of the cream cheese, 1/3 cup of the sugar, and the cornstarch in a large bowl and beat with an electric mixer on low until creamy, about 3 minutes, scraping down the bowl several times. Blend in the remaining cream cheese, one package at a time, scraping down the bowl after each one.

Increase the mixer speed to medium and beat in the remaining 1 1/3 cups sugar, then the vanilla. Blend in the eggs, one at a time, beating well after adding each one. Beat in the cream just until completely blended. Be careful not to overmix! Gently spoon the batter over the crust.

Place the cake in a large shallow pan containing hot water that comes about 1 inch up the sides of the springform. Bake until the edges are light golden brown and the top is slightly golden tan, about 1 1/4 hours. Remove the cheesecake from the water bath, transfer to a wire rack, and let cool for 2 hours (just walk away—don't move it). Then, leave the cake in the pan, cover loosely with plastic wrap, and refrigerate until completely cold, preferably overnight or for at least 4 hours.

To serve, release and remove the sides of the springform, leaving the cake on the bottom of the pan. Place on a cake plate. Refrigerate until ready to serve. Slice the cold cake with a sharp straight-edge knife, not a serrated one. Cover any leftover cake and refrigerate or wrap and freeze for up to 1 month

Apple Crisp

Submitted by Kim Stocking

Ingredients

Filling

1/3 c brown sugar
2 tsp cornstarch
¼ tsp cinnamon
4 c sliced apples



Topping

½ c whole-wheat pastry flour
1/3 c brown sugar
½ c oats
¾ tsp cinnamon
¼ tsp nutmeg
4 TBS butter
1 TBS apple juice

Method

Preheat oven to 350°F. In a large bowl, combine 1/3 cup brown sugar, cornstarch and ¼ teaspoon cinnamon; add apples and toss to coat. Transfer to 9-inch pie pan coated with nonstick cooking spray.

Topping. In a large bowl combine flour, remaining brown sugar and cinnamon, oats and nutmeg. In a small microwavable cup, combine butter and apple juice; microwave until melted; then drizzle over flour mixture. Blend with pastry cutter or 2 knives until crumbly.

Sprinkle topping over apple filling. Bake for 30 minutes.

Barb's Best Brownies

Submitted by Jen Wroblewski

Serves 8, 2 brownies each

My mother received this recipe in 1974 from Mrs. Catherine Nordquist and made them often through the years. In the lab where she worked, echoes of “Barb brought brownies!!!” would carry through the halls. As adult children, my brother and I would happily discover Mom brought her brownies to our homes when she visited from Spokane. My kids request Grandma’s brownies with a mischievous twinkle in their eyes. These brownies fix just about anything and are quick to make.

Ingredients

Brownies

2 oz unsweetened baking chocolate or 4TBS unsweetened cocoa powder

½ c butter

1 c granulated sugar

2 eggs, lightly beaten

½ c flour

½ tsp salt

Optional ½ c mini chocolate chips, chopped nuts or both if desired

Frosting

½ c butter

2 c powdered sugar

½ c unsweetened cocoa powder

1 tsp vanilla extract

Pinch salt

Smidge of milk or powdered sugar to correct thickness

Method

Preheat oven to 325°F. Lightly grease 8x8 pan* with butter or nonstick cooking spray. For brownies, melt together the chocolate and butter until just soft. Immediately stir in sugar. Let cool to room temp. Beat in eggs. Mix in remaining ingredients. Bake for 22-25min, or until the edges are set and a toothpick inserted in the middle comes out mostly clean. I like these a bit underdone.

For frosting, beat all ingredients together in stand or handheld mixer until smooth. Frost the brownies when cool.

*Oddly enough, for softer brownies use a disposable metal pan. If you like your brownies a bit drier, use standard 8x8 pan. Thanks Mom!

Chocolate Avocado Mousse

Submitted by NWABR, from www.wellplated.com

Serves 4

Ingredients

4 oz chopped semisweet chocolate (chocolate chips) at least 60% dark, about ½ c plus 2 TBS

2 large ripe avocados - (about 8 oz each)

3 TBS unsweetened cocoa powder

1/4 c unsweetened milk (almond, or regular)

1 tsp pure vanilla extract

1/8 tsp kosher salt

Optional: 1–3 teaspoons light agave nectar - or maple syrup, OK to substitute pure maple syrup, though the flavor will change somewhat

For serving: fresh raspberries - sliced strawberries, whipped cream (or whipped coconut cream to keep vegan), chocolate shavings



Method

Place the chopped chocolate or chocolate chips in a microwave-safe bowl. Microwave in 15-second bursts, stirring between each and watching carefully so that the chocolate does not burn. When the chocolate is almost completely melted, remove it from the microwave and stir until smooth. Set aside and let cool until just barely warm.

Halve and pit the avocados, then scoop them into a food processor fitted with a steel blade or high-powered blender. Add the melted chocolate, cocoa powder, almond milk, vanilla extract, and salt. Blend until very smooth and creamy, stopping to scrape down the bowl as needed. Taste and add a few teaspoons of agave if you want additional sweetness. Spoon into glasses. Enjoy immediately as a pudding, or for a thicker, mousse-like consistency, refrigerate until well chilled, 2 hours or overnight. Serve topped with raspberries, cream, and chocolate shavings

The mousse can be stored in the refrigerator, covered, for up to 1 week.

Christmas Wreath Cream Cheese Cookies

Submitted by Kara Manning Drolet from www.bigoven.com

You can find a keto version here, though I've never made them:

<https://www.theketosociety.com/tks-login/recipe-library/2019/1/13/keto-cream-cheese-christmas-wreath-cookies>

These are my favorite Christmas cookies. Although Christmas cookies feel weird to talk about in the fall, perhaps by the end of September it won't seem as weird!

Ingredients

1 c butter, room temperature
1 3-oz package cream cheese, room temperature
½ c sugar (100 grams = 1/2 cup)
1 tsp vanilla extract
2 c flour (120 grams = 1 cup), sifted
1/8 tsp green food coloring

Method

Preheat oven to 375°F. Cream the cheese in the mixer, then add sugar, then butter. Add vanilla and food coloring. Gradually blend in flour.

Fill cookie press. Use a 1/2" star mold. Squeeze and rotate at the same time. Form wreaths on ungreased cookie sheet. Gently push ends together.

Bake for about 8 minutes or until first tinge of brown on an edge. Remove or loosen at once.

Use red buttercream icing to add a bow and make three berry dots in three locations on the wreaths.

Date Bars, Gluten and Sugar Free

Submitted by Sally Thompson-Iritani

From <https://sunkissedkitchen.com/gluten-free-date-bars-added-sugar/>

Ingredients

Base and topping

1 1/2 c oats (divided)
1/2 c unsweetened coconut
5-6 Medjool dates (4 ounces of pitted dates)*
1/2 c walnuts
1/4 tsp sea salt
1/2 tsp baking soda
1 egg
2 TBS ground flax
1/4 c coconut oil

Date Layer

18 Medjool dates (12 ounces of pitted dates)*
1 tsp lemon juice
1/4 - 1/2 tsp sea salt (I like 1/2, but begin with 1/4 and add to taste)

Method

Preheat oven to 325° F. Line an 8 x 8 pan with baking paper.

Add 1 cup oatmeal to a food processor bowl, and process until a flour forms. Add coconut, dates, sea salt and baking soda, and process until the dates are fully broken up. I find it easiest to process if I break the dates into quarters (if using large medjools) as I am tossing them into the processor. Last, add the remaining 1/2 cup of oatmeal and the walnuts, and pulse 8-10 times until the walnuts are chopped but still a bit chunky.

To the dry ingredients in the food processor, add the egg, flax and coconut oil, and pulse until combined. This mixture is the base and the top layer of the bars. Reserve 1/2 cup of oatmeal mixture to use as a topping.

Add the oatmeal mixture to the pan, and press down into an even layer. I use a pastry roller to pack down the bottom layer.

Rinse out the food processor, and add date layer ingredients. Pulse 10-15 times, until the dates are broken up. Then, process for another 3-4 minutes, until the dates take on a light, whipped caramel color. If you soaked the dates, this process should be very easy. If your dates were soft, so you opted not to soak them, and they are not whipping up nicely, you can add 1-2 tablespoons of hot water to help them process smoother.

Add the date layer on top of the cookie layer, and press down into an even layer. Using wet hands will keep the layer from sticking and pulling up the cookie layer.

Crumble the reserved 1/2 cup of oatmeal mixture over the top. Bake for 18 minutes.

For best results, completely cool before slicing. I like to freeze them before slicing for nicer bars. These bars are best stored (and enjoyed!) from the freezer, but also hold up well as a travel snack.

Notes

*1 cup of packed Medjool dates is about 5 1/2 ounces. To sub a smaller date variety, please weigh instead of relying on the measurements for Medjools. Depending on what variety you use, it might take 2 1/2 cups of dates to equal the weight of 5 1/2 ounces. I have used different dates in this recipe with success by measuring by weight rather than cups.

Nutrition

Calories: 203kcal | Carbohydrates: 32g | Protein: 2g | Fat: 8g | Saturated Fat: 4g | Cholesterol: 10mg | Sodium: 76mg | Potassium: 309mg | Fiber: 3g | Sugar: 23g | Vitamin A: 65IU | Vitamin C: 0.1mg | Calcium: 34mg | Iron: 0.9mg

Heavenly Layered Dessert

Submitted by James Riddle

From <http://www.groupprecipes.com/65207/heavenly-layered-pudding-dessert.html>

Absolutely positively the best dessert out there. We make this at our house several times a year. Easy and Amazing! Chocolate pudding, cool whip, butter, cream cheese – what's not to love!

Allergy warning – the recipe calls for nuts. I've made it without and it tastes just as amazing.

Ingredients

½ c butter or margarine
1 1/4 c all-purpose flour
3/4 c finely-chopped walnuts or pecans
2- 8oz packages softened cream cheese
2 c sifted confectioner's sugar
2 – 8oz containers whipped cream, such as Cool Whip
2 c milk
2 small boxes instant pudding mix, any flavor

Method

-In medium mixing bowl, cut together one stick butter or margarine, flour, and chopped walnuts or pecans. Press evenly into ungreased 9 x 13-inch pan.

Bake for approximately 10 minutes in a preheated 350°F oven until light golden brown.

Remove from oven and allow to cool completely.

-In a medium mixing bowl, cream together confectioner's sugar and softened cream cheese. Fold in one 8-oz container whipped cream. Spread over cooled crust.

-Beat milk and two packages pudding mix. Spread over cream cheese layer.

-Spread one 8-oz container whipped cream over pudding layer.

If desired, sprinkle additional finely-chopped walnuts or pecans over top layer.

Refrigerate several hours or overnight until ready to serve.

Insider tips

I let the crust cook for 14 minutes rather than the 10 called for in the recipe. It allows a bit more time for the butter to melt and bind all the yummy crust together so it is easier to then dollop on the cream cheese mixture on top to make the next layer.

When it says “let the crust cool completely” they mean it (think refrigerator level ‘cold’). Getting the crust cold makes sure the butter is all the way back hardened and binds the crust together; otherwise when you try to spread the cream cheese layer the crust sticks to the cream cheese and lifts up out of the pan – tastes fine but doesn’t leave that nice crisp layered look like you see in the picture.

For an extra fancy flair - add thin shaved chocolate on top. Looks elegant on top of the white cool whip layer.

Hot Fudge Pudding Cake

Submitted by Wendi Russac

As we all attempt to avoid the stress of grocery store visits, it seems an appropriate time to share a comforting dessert recipe that takes only a few minutes to prepare and relies on pantry staples. This is a vintage recipe for a rich chocolate cake that magically forms a layer of fudge sauce underneath. There are many versions of this cake including one that was printed on the back of Hershey Cocoa cans for years. My family likes it best served with the warm sauce spooned over the cake and a scoop of vanilla ice cream.

Ingredients

1 c flour
¾ c granulated sugar
¼ c unsweetened cocoa powder
2 tsp baking powder
¼ tsp salt
½ c milk
¼ c vegetable oil
1 tsp vanilla extract

¾ c packed brown sugar
¼ c unsweetened cocoa powder
1½ c boiling water

Method

Preheat oven to 350 °F. Mix flour, granulated sugar, ¼ cup cocoa powder, baking powder and salt. Add milk, oil and vanilla. Mix until smooth and pour into lightly greased 8" x 8" pan or 2 quart baking dish. Mix brown sugar, ¼ cup cocoa powder and hot water: gently pour over batter. Do not stir! Bake for 40 minutes or until center appears set. Cool for a minimum of 15 minutes. The sauce will thicken as it cools. Serve warm.

Variations:

- Add ½ c chopped walnuts or pecans to the cake batter.
- Add ½ tsp espresso powder or 2 tsp regular instant coffee to the batter or boiling water.
- Substitute melted butter for vegetable oil.

Italian Plum Cake

Submitted by Charlotte Shupert

I am sending you one from the edition of the Joy of Cooking I inherited from my mother. For this recipe you need fresh Italian "prune" plums (small, dark purple/blue, oval). We had a tree in our backyard.



Ingredients

Batter

1 c all purpose flour
1 tsp baking powder
¼ tsp salt
2 TBS sugar
3TBS butter

1 egg

1 tsp vanilla extract

Enough milk to make 1/2c mixture with the egg and vanilla

10-20 Italian plums, quartered

Topping

1 c sugar
2 tsp cinnamon
3 TBS butter, melted

Method

Preheat oven to 425°F. Grease a 9x9 pan.

Sift 1 cup all purpose flour. Resift with 1 teaspoon baking powder, 1/4 teaspoon salt, and 2 tablespoons of sugar. Cut in with a pastry cutter 3 tablespoons butter until the mixture looks like cornmeal.

Beat in a measuring cup 1 egg, 1 teaspoon vanilla extract, and add enough milk to make a 1/2 cup mixture. Pour liquid into the dry ingredients, mix well until you get a stiff but sticky dough. Spread the dough into greased pan.

Cut the plums into quarters and arrange in rows close together to top all of the dough. Sprinkle the top with a mixture of 1 cup sugar, 2 teaspoons cinnamon, and 3 tablespoons melted butter.

Bake about 25 minutes or until the plum juice is bubbling up through the top. Serve with vanilla ice cream, especially good if the cake is still slightly warm.

Ken's Pavlova

Submitted by Ken Gordon

Where did it all begin?

Some sources claim that the recipe for pavlova originated in New Zealand, while others claim it was invented in Australia. However, like the Anzac biscuit, the earliest known books containing the recipe were published in New Zealand.

Professor Helen Leach, a culinary anthropologist at Otago University in New Zealand found a pavlova recipe in a 1933 Rangiora Mothers' Union cookery book. Professor Leach also has an even earlier copy of the pavlova recipe from a 1929 rural New Zealand magazine.



Keith Money, a biographer of Anna Pavlova, wrote that a chef at a hotel in Wellington, New Zealand, created the dish when the ballerina visited there in 1926 on her world tour.

The claim that it was an Australian invention states that the pavlova is based on a cake baked by Bert Sachse at the Esplanade Hotel in Perth on 3 October 1935. Sachse's descendants believe he may have come up with the recipe earlier than that, since Anna Pavlova visited Australia in 1926 and 1929 and died in 1931.

What is pavlova?

Pavlova is made by beating egg whites to a very stiff consistency before folding in caster sugar, vanilla, and vinegar, and slow-baking the mixture to create the meringue. This makes the outside of the pavlova a crisp crunchy shell, while the interior remains soft and moist.

Ingredients

- 4 egg whites
- ¼ teaspoon fine salt
- 1 cup bakers sugar
- 1 teaspoon vanilla essence
- 1 teaspoon vinegar
- 2 teaspoons cornstarch

Method

Preheat the oven to 300°F. Beat egg whites in clean bowl (you can wipe down the bowl with lemon juice and dry), with clean whisk, with salt in a bowl till soft peaks form. **Important:** if there is any yolk in the whites then the mixture will not stiffen up. Gradually add the bakers sugar (a spoon at a time) until stiff peaks form.

Beat in remaining ingredients, vanilla essence, vinegar and cornstarch (I make these into a slurry to make adding easier). When you have very firm peaks do the over the head test.



Turn mixture out onto a baking paper covered tray. I rub butter on the baking paper. Shape into an approx. 9 inch circle.

Reduce the oven temp to 285°F, bake for 15 minutes, then further reduce to 250°F and bake for a further 1 ¼ hours or till walls of the Pav feel dry. Avoid browning. Cool completely in the oven.

To serve top with lashings on slightly sweetened whipped cream and tart fruit (berries are excellent).

NY Cheesecake

Submitted by Heather Peters

Note: make this a day ahead so you can refrigerate overnight

The Backstory: I grew up in Colorado so you're probably wondering how I got such an amazing NY Cheesecake recipe. We lived next to a couple from New York. Maggie was the wife and she gave this recipe to my mother. We have always called it "Maggie's Cheesecake". In all the years I've made this recipe I have never had a complaint. Hopefully you will have as much success with it as I have.

Ingredients

Crust

11 Graham Crackers (crushed)
3-4 TBS butter melted
3 tsp sugar

Cheesecake filling

16 oz (2 blocks) cream cheese
 $\frac{3}{4}$ C sugar (original recipe calls for $1\frac{1}{2}$ C. I prefer the lesser amount)
4 eggs
3 tsp vanilla or almond extract as preferred
24 oz sour cream

Method

Mix together crust ingredients and press into the bottom of a springform pan. You can bake the crust at 350°F for 15 minutes or freeze for 15 minutes prior to adding the cheesecake filling. I prefer the freezing option.

For filling, blend together cream cheese and sugar. Add eggs one a time until fully incorporated. Add vanilla or almond extract. Fold in 24 oz sour cream.

Bake for 1 hr 15 minutes at 325°F. Turn off the oven without opening the door and leave in for another hour. Allow to cool to room temperature then refrigerate overnight before serving.

Serve with topping of choice.

***Note, I have found the best way to cut a cheesecake is to use a very thin knife and keep hot water close. Clean the blade with the hot water and dry with a paper towel between each cut. It helps keep from tearing/clumping the cheesecake as it's cut.

Panic

Submitted by Richard Burrows

This was one of my mother's "go-to" desserts when there wasn't much in the cupboard or she needed something quick for a family gathering.



Ingredients

- 1 can of your favorite pie filling
- 1 small box cake or muffin mix (like Jiffy)
- 1/2 cup melted butter or margarine
- 1/2 cup chopped pecans or walnuts (optional)

Method

Pour the pie filling into a greased 8 or 9 inch square pan. Sprinkle cake or muffin mix evenly over the filling. Pour melted butter over cake mix and top with nuts.

Bake at 325-350°F for 45 minutes to 1 hour until golden brown.

To serve, scoop out like a cobbler.

Serve with whipped cream or ice cream.

Peanut Butter Chocolate Bar

Submitted by NWABR, www.wholesomerecipebox.com

Serves 9

One serving has around 4.5g net carbs according to MyFitnessPal



Ingredients

4 TBS butter, plus extra for greasing parchment

½ c natural creamy peanut butter

1 TBS super sweet blend¹ (use more or less depending on how sweet you'd like the bars)

¾ c low carb baking blend²

½ c sugar free chocolate chips

1 Super sweet blend is a name brand blend of erythritol and stevia. I use Lakanto Monkfruit sweetener with erythritol, but you can also use old fashioned sugar which affects the net carbs.

2 Low carb baking blend is also a brand name product, but I substitute a 1:1 mix of oat and almond or coconut flour.

Method

Line an 8×8 inch square baking pan with baking parchment, leaving an overhang (so you can lift out the bars later). Lightly grease. (Yes, lining and greasing!)

Melt butter. Add peanut butter, sweetener and baking blend and stir well.

Spread in a lined 8×8 inch square baking pan. Freeze until solid.

Melt chocolate chips in a double-boiler water bath or just carefully microwave. (Optional: Stir in 1/2 tablespoon butter for shinier chocolate.) Spread over peanut butter layer. Freeze until solid, then cut into bars.

Store the bars in the freezer. They get gooey fast

Rice Pudding (Kheer)

Submitted by Mansi Kaushik

I am going to share with you the recipe for a very popular North Indian dessert, usually cooked and served at all the major festivals. It is easy to make and tastes very good. It can be served hot, warm or, cold. While some people like it when it is hot, my family likes to eat it cold (chilled). You may choose not to add any dry fruits (as mentioned below), I love the sweet flavor of resins and crunchy texture of almonds and pistachio.

My mom likes to add saffron to it. Saffron adds a unique flavor and color to the dish, but not liked by everyone.



Ingredients

- 1 L (34oz) whole milk
- 4-6 TBS white sugar
- ½ c basmati rice
- ¼ c raisin (Optional)
- ½ tsp ground cardamom (optional)
- 10 sliced almonds (optional)
- 10-15 sliced pistachios (optional)

Method

Soak the rice in 1 cup water for about 30-40 minutes. Pour milk in a heavy bottom pan. Drain the rice and add it to the milk.

Bring the milk and rice mixture to a boil on high heat. Then reduce the heat to low and let it simmer for about 45 minutes, stirring frequently until the milk thickens, the rice gets cooked and homogenizes slightly in the milk.

Add sugar slowly with continuous stirring. Add raisins and sliced almonds. Mix.

Garnish with sliced pistachio. Serve hot or refrigerate for a few hours and serve it chilled.

Variations

1. Cardamom Kheer: To the above recipe, add ground cardamom at the end along with nuts and raisins.
2. Rose Kheer: To the above recipe, add 2-3 drops of rose water at the end. Garnish with nuts and dried rose petals.

3. Saffron Kheer: Dip a few strands of saffron in a few drops of water prior to cooking kheer. After the kheer is cooked, strain the saffron strands with fingertips and add them to the kheer. Stir nicely to spread the color and taste evenly. Garnish with nuts.

Approximate nutrition facts (Serving Size: 1 cup)

Amount per Serving:

266 calories;

12 g fat;

37 g carbohydrates;

10 g protein;

15 mg cholesterol;

100 mg sodium.