

**KHEER**  
**Serving 4**

**INGREDIENTS:**

**50-75 g broken Basmati rice**

**1 l milk 3.9% fat**

**1 tin milkmaid**

**sugar (little)**

**6-8 pods green cardamom**

**PREPARATIONS:**

1. *Pour the milk in a non stick base deep pan and put in flame.*
2. *Wash the basmati rice.*
3. *When the milk starts to boil add the rice. Stir continuously till the rice gets boiled in milk.*
4. *Add 1 teaspoon sugar and then the milkmaid.*
5. *Stir till thick consistency.*
6. *Crush the cardamom pods into fine dust and sprinkle over the kheer after removing from flame.*
7. *Cool it and taste the delicious Indian desert.*