Breakfast, Indian

Chilled Apple and Oat Phirni

A creamy chilled phirni made by simmering oats in milk, lightly sweetened and finished with fresh grated apple for a gentle fruity note.

35 min	117	19 g	12.1 g
time	calories	carbs	sugars



Vegetarian | Nut free

Ingredients, 4 servings

- [ ] 3/4 cup powdered oats
- [ ] 3/4 cup grated apples (unpeeled)
- [ ] 3 cups low fat milk (0.1% fat) , 99.7% fat-free
- [ ] 2 tsp sugar substitute

Method

- [ ] **1** Pour the low fat milk into a deep nonstick pan and bring it to a boil.
- [ ] **2** Stir in the powdered oats and cook over a medium flame for 2 minutes, stirring continuously so the mixture stays smooth.
- [ ] **3** Take the pan off the heat, stir in the sugar substitute until well combined, and set aside to cool slightly.
- [ ] **4** Fold in the grated apples, then chill the mixture in the refrigerator for at least 30 minutes.
- [ ] **5** Serve the phirni chilled.

Nutrition Facts

Per serving

Calories	**117**
Total fat	1.2 g
Saturated fat	Not listed
Sodium	80 mg
Total carbs	19 g
Fiber	2 g
Total sugars	12.1 g
Protein	7.7 g

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