Snack, Indian

Chilled Cardamom Paneer Kheer

A soft, creamy milk pudding laced with warm cardamom and folded with grated paneer, served nicely chilled.

70 min	44	6.3 g	6.3 g
time	calories	carbs	sugars



Vegetarian | Nut free

Ingredients, 6 servings

- [ ] 3 cups low fat milk (0.1% fat) , 99.7% fat free
- [ ] 1 cup grated low fat paneer (cottage cheese)
- [ ] 2 tsp sugar substitute
- [ ] 1/4 tsp cardamom (elaichi) powder

Method

- [ ] **1** Pour the low fat milk into a wide non-stick pan and set it over a medium flame, stirring now and then for 5 to 6 minutes until it comes to a boil.
- [ ] **2** Take the pan off the heat and let the low fat milk cool down completely.
- [ ] **3** Stir the sugar substitute and cardamom powder into the cooled milk until well blended.
- [ ] **4** Fold in the grated low fat paneer until evenly mixed, then refrigerate for at least 1 hour.
- [ ] **5** Serve the kheer chilled.

Nutrition Facts

Per serving

Calories	**44**
Total fat	0.1 g
Saturated fat	Not listed
Sodium	63 mg
Total carbs	6.3 g
Fiber	0 g
Total sugars	6.3 g
Protein	4.4 g

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