Breakfast, Indian

Creamy Oats and Dates Kheer

Gentle cooking turns quick oats and sweet dates into a soft, comforting milk pudding, perfumed with ground cardamom. Ladle it into bowls and enjoy it hot or warm.



Vegetarian | Nut free

20 min	171	15.2 g	12.2 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 3/4 cup coarsely powdered quick cooking oats
- [ ] 6 tbsp sliced dates (khajur)
- [ ] 3 cups cow's milk (4.1% fat)
- [ ] 1/2 tsp cardamom (elaichi) powder

Method

- [ ] 1 Set a deep nonstick pan over the heat, pour in the cow's milk, and bring it up to a boil.
- [ ] 2 Tip in the coarsely powdered quick cooking oats along with the sliced dates (khajur), give everything a good stir, and keep the pan on a medium flame for 4 minutes, stirring the whole time so nothing sticks.
- [ ] 3 As you stir, press out any small lumps with the back of a spoon so the kheer stays smooth.
- [ ] 4 Turn off the flame, add the cardamom (elaichi) powder, and mix until it is evenly blended through the pudding.
- [ ] 5 Serve the kheer hot or warm.

Nutrition Facts

Per serving

Calories	**171**
Total fat	7.2 g
Saturated fat	Not listed
Sodium	19 mg
Total carbs	15.2 g
Fiber	1.9 g
Total sugars	12.2 g
Protein	6 g

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