

SATURATED FAT MADE SIMPLE

SIMPLY using sunflower, olive or rapeseed oil instead of butter or ghee can help reduce your saturated fat intake.

To find out how to make low fat carrot halwa see overleaf.
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BEATING HEART DISEASE TOGETHER



CARROT HALWA

Ingredients





- 450g/1lb carrots, peeled and grated
- 600ml/1 pint skimmed milk
- 50g/2oz sugar
- 1 tablespoon rapeseed oil
- ¼ teaspoon saffron
- 1 teaspoon cardamom, coarsely ground
- 8 almonds, sliced
- 1 teaspoon pistachio nuts, sliced

To make the halwa

1. Place the carrots in a large saucepan. Add the milk and cook, partly covered, over a low to medium heat, for about one hour or until the milk has evaporated.
2. Stir in the sugar with a wooden spoon and cook for another ten minutes, adding the oil to stop it sticking.
3. Add the saffron and cardamom and mix well. Place in a shallow serving dish, and sprinkle with almonds and pistachio nuts.
4. Serve hot or cold.

Serves 8

Nutritional information

	Energy	Fat	Saturated fat	Sugars	Salt
Per portion	95kcal	3g	0.5g	14g	0.1g
Per 100g	-				
% of adult GDA	5%	4%	3%	15%	2%

✔ CUT THE SATURATED FAT in your halwa by:

- ✔ Using unsaturated oil instead of ghee or butter
- ✔ Using skimmed milk instead of whole milk