

# SWEET PONGAL

## Ingredients

*Raw rice-1/2 cup*

*Moong dal-1/2 cup*

*Grated jaggery-2cups*

*Cashews and raisins*

*Clove-2; cardamom powder-1tsp*

*Ghee -1tbsp*



## Method

*Dry roast moong dal till it turns into golden brown in color. Wash the rice and dal thoroughly, and add 5 cups of water and 2 cloves and cook till mushy in pressure cooker for 4 whistles.*



*Take a pan and dissolve grated jaggery in 1 cup of water and bring it into boil for 3 minutes and strain it to remove if any residue .*



*Now mix the jaggery syrup to the cooked dal and rice and bring it to boil to become semisolid form .Add cardamom powder. Fry cashews and raisins in 1tbsp ghee till golden yellow in color and add to the pongal. Easy to prepare and tasty, healthy Pongal is ready to serve.*



*OM SHANTI*