

# Sweet potato halwa

## Ingredients -

- 1 large or 1 cup sweet potatoes boiled, peeled and mashed.
- 2 tablespoon A2 cow ghee.
- ½ cup almond milk/coconut milk.
- 2-3 tablespoons of powdered jaggery (depends on the sweetness of the sweet potato)
- ¼ teaspoon green cardamom seeds powder
- pinch of freshly grated nutmeg.
- 1-2 tablespoons almonds or cashews, chopped

## Method :

1. Boil the sweet potato in a pressure cooker with enough water till it gets soft or for 5-6 whistles.
2. Once it is cool to touch, peel and mash it.
3. Heat the ghee in a pan on medium heat.
4. Once hot, mix in mashed sweet potato and cook with stirring till all the moisture evaporates.
5. Then add almond milk/coconut milk and again cook till all the moisture goes away.
6. Then mix in jaggery, cardamom powder and nutmeg powder and cook by stirring continuously till it leaves the sides of the pan and ghee starts to ooze out.
7. Lastly, add chopped nuts and it is ready to serve!

## Notes:

- Adding 1/2 tsp of raw cacao will give the chocolate sheera finish.
- Garnish with grated coconut and serve hot

