



# Sweet, Indian-Style CAULILINI® baby cauliflower Pudding

**Servings**  
6

**Calories**  
520

**Prep Time**  
10 minutes

**Total Time**  
45 minutes

**Skill Level**  
Easy

## Ingredients

¾ cup ghee  
1 pound CAULILINI® baby cauliflower  
1 ½ cups sugar  
3 cups whole milk  
2 teaspoons cinnamon  
2 teaspoons cardamom  
Salt, to taste  
toasted pistachios, for garnish  
orange segments, for garnish



## The Method

Using a kitchen grater, start by grating the CAULILINI® baby cauliflower until you have about 4 cups of grated CAULILINI® baby cauliflower.

Melt the ghee in a large saucepan, and add the CAULILINI® baby cauliflower. Sauté the CAULILINI® baby cauliflower for about 7-8 minutes or until it softens.

Add the sugar, and cook for another 3 minutes. Add the milk, cinnamon, and cardamom, and allow the mixture to slowly boil until all of the milk has evaporated.

Add a pinch of salt, stir, and taste the mixture. Add more salt or sugar depending on your taste.

To serve, spoon the pudding into small serving bowls. Top with toasted pistachios and orange segments, for garnish.

## Nutrition Facts

Serving Size: 299g | Servings: 6

### Amount Per Serving

Calories 520 | Total Fat 34g (sat fat 21g trans 0g) | Cholesterol 90mg | Sodium 450mg | Total Carbohydrate 52g | Dietary Fiber 4g | Sugars 47g | Protein 6g | Vitamin D 0% | Calcium 15% | Iron 6% | Potassium 10%