



Serves: 4

Apple Ki Phirni

Ingredients

- Apples 4
- Low-fat milk 2 cups
- Rice powder 50g
- Sugar 45g
- Green cardamom powder ¼ tsp
- Pistachio 10g
- Saffron few strings
- Canola oil spread 1 tbsp

Tips:

- Enjoy the edible skins of fruit and vegetables as they provide additional fibre and nutrients.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Milk and dairy products provide calcium which is essential for healthy bone growth and development.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 265kcal
Protein 5.9g
Total fat (g and % of total calories)
6.7g (21.9%)
Saturated fat 2.5g
Cholesterol 10mg
Carbohydrate 47.8g
Dietary Fibre 3.6g
Sodium 70mg

Method

- Slice off the top of the apple and keep aside to use as a lid.
- Core and scoop the apples to form a nice hollow cup.
- Remove the seeds and the core. Chop the apple flesh into fine cubes. Keep immersed in cold water to prevent oxidation.
- Heat canola oil spread in a pan and sauté the rice flour over a slow flame till fragrant.
- Add in the milk slowly and whisk till smooth.
- Add in the sugar and cardamom powder and cook over slow flame.
- Soak the saffron in little warm milk and add to the above.
- Add in the chopped apples and cook for 4–5 minutes till the phirni is thick enough to coat the ladle.
- Remove and cool to room temperature. Pour the phirni into 4 apples. Keep in refrigerator for at least 1 hour or until it sets.
- Garnish with chopped pistachios and put the apple lid on top just before serving.