



Banana Prathamam Recipe

Ingredients

- gms Maggi Coconut Milk Powder
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- Cups Raw Banana
- Tablespoons Ghee
- Cashew Nuts
- 1/2 1/2 Cup Coconut bits
- Cups Warm Water
- 1/2 1/2 Teaspoon Cardamom powder

Instruction

1. Heat ghee and fry the cashewnuts and coconut bits, keep aside. Then fry the mashed banana.
2. Dissolve the coconut milk powder in lukewarm water, add the Milkmaid and mix well. Add the mashed and fried banana, mix well and bring to a boil. Add sago and simmer for 10 minutes
3. Add the cardamom powder and remove from fire and garnish with fried cashewnuts and coconut bits.

Nutrition

Carbohydrates	17.08 g
Energy	322.61 kcal
Fats	27.72 g
Protein	2.79 g

45 Minutes

10 8-10