

## Cracked Wheat with Sugar & Cardamom

### Dalia Shira

- ¼ cup cracked wheat (dry roast until brown)
  - 1 tsp ghee/oil/butter
  - 1 cup water
  - Jaggery/brown sugar to taste
  - 2 pinch cardamom powder (or basil)
  - Coconut milk (grind ¼ coconut or get premade coconut milk)
1. In a pan add ghee then the cracked wheat. Cook for 2-3 minutes.
  2. Add water and boil. Cook 10-15 minutes (depending on the size of the wheat)
  3. Add jaggery, cardamom powder and coconut milk. Serve.

