

Condensed Milk Shots

INGREDIENTS

These have to be individually calculated for each patient as per the calories and ratio being used for that patient

- Cow's milk
- Soy powder
- Ghee (clarified butter)/oil -- OR -- Butter
- Sugar free Natura pellets (Splenda, sucralose) to taste



PROCEDURE

- Weigh all the ingredients.
- Pour all the ingredients in the pan, on the flame.
- Condense the milk.
- Take the condensed milk & make small pedas.
- Garnish with a few strands of saffron & pedas are ready to serve
- Similarly, using the same amount of ingredients GULAB JAMUN can be prepared and dipped in sugar free natura syrup.