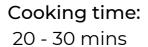




Sugar free Kalakand





Serves: 3 pieces (80-90 grams)







Expert comments:

- To add richness to this recipe, you may use Cow milk
- You may also add more skimmed milk powder i.e 1/2 cup instead of 1/4th cup to 200 ml milk

Additional tip:

- You may add chopped fruits like ones listed below to make flavoured kalakand:
 - Mango
 - Strawberry
 - Blueberry
 - Orange













Comparison of nutrition values (One serving: 3 pieces)

Sugar free kalakand



Calories	211
Carbs	22.5
Proteins	6.4
Fats	9.6
Fiber	0.2

Calories	88
Carbs	17.2
Proteins	9.0
Fats	3.5
Fiber	0.2





