



Sugar free Kalakand

Cooking time:
20 - 30 mins

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





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Comparison of nutrition values (One serving: 3 pieces)

Normal kalakand

Sugar free kalakand



Calories	211	Calories	88
Carbs	22.5	Carbs	17.2
Proteins	6.4	Proteins	9.0
Fats	9.6	Fats	3.5
Fiber	0.2	Fiber	0.2

