



# Sugar free Kulfi falooda

**Cooking time:**  
20 - 30 mins

**Serves:**  
1 small plate (200 grams)



## Expert comments:

- To add richness to this recipe, you may use Cow milk, avoid buffalo 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 falooda:
  - Mango
  - Strawberry
  - Blueberry
  - Orange





# Sugar free Kulfi falooda

Comparison of nutrition values  
(One serving: 200 grams)

Normal kulfi falooda

Sugar free kulfi  
falooda



Calories	460	Calories	165
Carbs	50	Carbs	16.7
Proteins	10.9	Proteins	9.4
Fats	22	Fats	6.2
Fiber	1.5	Fiber	1.5

