

Various Indian's Sweet Dishes

India is a place where sweet dishes are served after meal and it increases the taste of any food. Here, you can taste various types of sweet dishes. These sweet dishes are served as dessert. You nice serve chocolate, Gugya, Malai Laddo, Stuffed Badam Burfi, Carrot Burfi etc in the dessert.

Bengali sweet dishes are famous all over the world. There are various sweet dishes famous as the name of "Bengali." Gulab Jamun is a very Yummy and delicious sweet dish. The name of Julab jamun brings water in the mouth of everyone. This scrumptious dish is made with khoya. It is a form of milk.

The ball of khoya is deep fried in ghee, when it becomes cold it dropped into the chachani of sugar. Galub jamun is served hot on many occasions and parties in India. Gujiya is the most popular traditional dish. Basically, this sweet dish is made on the festival of "Holi."

It is made in each and every house. Khoya, sugar, and dry fruits are used in Stuffing. It is deep fired in ghee. Bengali gujiya is known well for its unbeatable taste, smell, color, and flavor. It is served in all houses on the festival of Holi. Khoya is used in most of sweet recipe.

You can make khoya in your house with pure and fresh milk. It can also be eaten with sugar. Khoya has sweet taste. You can buy fresh khoya form the market. Various scrumptious dishes are prepared with khoya for instance- Gujiya, Malai Laddo, Stuffed Badam Barfi, Carrot Burfi etc. You cannot make these sweet dishes without khoya.

Khoya is also used in some special vegetable recipes. Malai laddu is made with khoya and sugar. Dry fruits are also used to increase its taste. It is decorated with coconut powder. It has amazing taste. You can buy chocolate square that is a nice dessert. It is available in restaurants and other shops.

Stuffed Badam Burfi is good for your health. In the winter season the demand of Stuffed Badam Burfi usually increased. It’s made out of almond, khoya, and sugar. Various dried fruits are stuffed in it. All these sweet dishes are good for your health. If you are suffering from diabetes you can use sugar free tablets in place of sugar. Sugar free tablets are also used in the sweet dishes. These sugar free tables have no calories and good for your health.

If you add sugar free tablets then you are not bounded to eat just few and there is no danger of diabetes as well. So enjoy your sweet dishes. Carrot Burfi is rich in Vitamin A. Carrot is good source of Vitamin A. It helps in increasing your eyesight. So you should eat Carrot and Badam Burfi every day. Khoya is used in making Carrot Burfi.

It is also made with Khoya, sugar and ghee. You can decorate it with cashew and silver work. You can make these scrumptious sweet dishes in your home. You can learn the recipe of making these sweet dishes on Internet. These sweet dishes are the taste of India.

About the Author

[Khoya](#) is used in most of Indian [sweet](#) dishes. Gugya and [Malai Laddo](#) are very delicious and yummy sweet dishes of India and you can teach them online trough various websites.

Source: <http://www.waddyjones.com>