

## Recipe

### Amla murabba

## By

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## Ingredients

Amla (gooseberries) – 450gm  
Cup water – 1/4<sup>th</sup> Cup  
Sugar - 2 Cups  
Cardamom powder (Elaichi) – 1 Tsp  
Turmeric powder – 1/4<sup>th</sup> Tsp  
2-inch piece of cinnamon stick  
Bay leaf - 1/2 no

## Preparation

1. Wash steam and prick the amla.
2. Boil water.
3. When water starts boiling add sugar and stir constantly till sugar melts.
4. Reduce the heat to low and add remaining ingredients, and simmer until the amla's are clear and the juice gets thick, about 15 minutes.
5. Remove the whole spices.
6. Cool it to room temperature, transfer it to a glass jar and seal well.
7. Store, refrigerated.

## Nutritional facts

NAME	Energy (kcal)	CHOs (gm)	Protein (gm)	Fat (gm)
Amla Murabba	501	118	2.2	-

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