**Sweet Dalia**

**(Cracked wheat cereal)**

Dalia is very popular breakfast dish all over India, especially North India. It is also known as cracked wheat, it is a wheat product made from whole raw wheat kernels, which are crushed or cut into smaller pieces. Wheat is an excellent source of fiber and very nutritious. Dalia is usually served as a cereal and cooked in milk, according to preference sugar, cardamoms, saffron, raisins and nuts are added to Dalia.

**Ingredients:**

¼ Cup of raw Dalia (cracked wheat or bugler wheat)

1. Cup of milk

1 Cup of water or as needed

1. Tablespoon of sugar or to your taste
2. Green cardamom – crushed (optional)

½ Tablespoon raisins (optional)

½ Tablespoon sliced almonds (optional)

½ Tablespoon chopped walnuts (optional)

1. Teaspoon melted butter or ghee

**Directions:**

1. In a sauce pan add Dalia and butter or ghee and roast it on medium low heat for 3 to 4 minutes or till it become light brown and gives roasted aroma.
2. Add water and mix with roasted Dalia. Partially cover the pan and let it cook for 10 to 12 minutes or until Dalia become tender.
3. Add milk and crushed cardamom and mix and let it cook uncovered for another 10 to 12 or until it reaches to desired consistency.
4. Add sugar, nuts and raisins and simmer for few minutes, turn the stove off.
5. If you are not serving Dalia immediately then cover the sauce pan and leave it. As Dalia cools down it become thicker in consistency, add some milk to the desired consistency and heat the Dalia then serve it.

**Tips:**

1. Dalia also cooked salty as pullao or khichdi and it makes a delicious salad.

1. The exact amount of water will depend on the variety of dalia.