



# Holi Multicoloured Milk Fudge

For Holi this year, why not make some colourful Indian sweets? Milk fudge, which is called Peda in India, is one of the traditional Indian sweets that is prepared during festive occasions or celebrations.

## Equipment

- saucepan
- cooker
- wooden spoon
- plate
- butter knife

## Ingredients

- 1 cup powdered milk
- $\frac{1}{2}$  cup double cream
- $\frac{1}{3}$  cup sugar
- $\frac{1}{2}$  tsp cardamom or cinnamon powder
- food colouring (variety of colours)
- sprinkles

## Method

1. Ask an adult to mix the cream and powdered milk in the saucepan over a low heat.
2. They should stir continuously, using a wooden spoon, until the dough starts separating from the sides of the pan.
3. Put the dough onto a plate.
4. When it has cooled to a lukewarm temperature, add the cardamom or cinnamon powder, sugar and a few drops of food colouring.
5. Mix it all together.
6. Pinch off pieces of dough and roll them in your hands to make round shapes.
7. Use the smooth side of a knife to press a star shape into the patties.
8. Decorate with sprinkles.
9. Repeat with a different colour.

