**Dalia with toned milk**

Prep time: 0 min Cook time: 20 min

**Ingredients:**

* ½ cup dalia or broken wheat
* 2 cardamom pods cracked
* 2 cups water
* 1½ tablespoon brown sugar
* ½ cup milk

**Instructions:**

**Roast the Dalia:**

1. Heat a pan on medium-high heat.
2. Add the dalia and cracked cardamom pods.
3. Dry roast for about 4-5 minutes, stirring continuously, until the dalia turns slightly golden and aromatic.

**Cook the Dalia:**

1. Add 2 cups of water and brown sugar to the roasted dalia.
2. Bring to a boil, then reduce the heat to low.
3. Simmer uncovered for 8-10 minutes, stirring occasionally, until the dalia is soft and most of the water is absorbed. Ensure it does not dry out completely.

**Add Milk:**

1. Reduce the heat to low and add the milk.
2. Stir continuously for about 2 minutes until the dalia reaches your desired consistency.
3. Remove from heat and serve warm.

Optional: garnish with chopped nuts or a drizzle of honey for extra flavor.