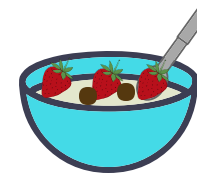
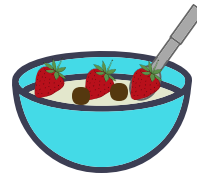
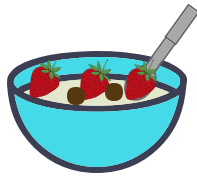


# SEHAT DALIA



## Ingredients

- ¼ cup Dalia
- ¼ cup Water
- ½ cup Milk (1% or 2%)
- ½ Chopped apple
- ½ tsp Sugar

## Fun Toppings

Chocolate, coconut, strawberries, blueberries, banana, almonds, or cinnamon

## Directions

Add dalia, water and milk into a non-stick pot. Cover and cook for 8-10 minutes. Add the chopped apple and sugar, and stir until the dalia is well done. Add any of the fun toppings and enjoy!

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South Asian Health Institute  
Fraser Health  
[www.fraserhealth.ca/sahi](http://www.fraserhealth.ca/sahi)  
[southasianhealth@fraserhealth.ca](mailto:southasianhealth@fraserhealth.ca)