

Sagar Ratna's Rava Kesari Is An Ideal Show Stopper for Karva Chauth Fast

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Karva Chauth - a festival of love, bonding and commitment. Women fast day long, pray for their consorts and wear elegant dresses & Jewellery, a much-awaited occasion for Indian Women. A bowl of Rava Kesari is enough to motivate one for a day-long fast, the best way to break the fast in the full Monty night. Sooji (semolina), almonds, saffron, and raisins; the main ingredients of delicious Rava Kesari apart from the sugar, milk, and pure ghee. Rava or semolina is a rich source of carbohydrates. Kesar or saffron used in this recipe not merely imparts a serene yellow colour to it, but also has many health benefits as it is a good anti-oxidant. Murali Krishna Parna, CEO of Sagar Ratna Restaurants said, "Indian festivals are considered incomplete without some tasty sweets and desserts. From time immemorial Rava Kesari is playing the role of a show stopper in almost every religious feast or Pooja and people are still the die hard fans of this typical south Indian sweet."

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