

Coconut Laddu (Balls)

Coconut Laddus are small bite-sized balls. This is a sweet dish that satisfies your dessert craving, guilt-free. Coconut is a source of good fat that helps meet the daily nutrient requirement for the body. You may alter the quantity of jaggery based on individual preference but forming a ball maybe difficult if the jaggery is not sufficient.

Ingredients:

- 2 cup grated coconut
- 4 cups jaggery powder/granulated
- ½ tablespoon ghee (clarified butter) or cold-pressed coconut oil
- ½ inch cinnamon stick whole
- 2 cloves whole
- 2 small cardamom finely ground

Grated coconut & jaggery should be in the ratio 1:2 by weight

Step 1: Lightly heat ½ **tablespoon ghee (clarified butter) or cold-pressed coconut oil** in a medium sized pan on medium flame

Step 2: Add ½ **inch cinnamon stick whole** and **2 cloves whole**, stir for 10 seconds

Step 3: Add **2 cups grated coconut** to the same pan. Mix continuously until the colour of coconut changes to light brown which takes 10-15 mins on medium flame

Step 4: On the side heat **4 cups jaggery powder/granulated**. Allow it to melt. Boil until it forms a sticky syrup-like consistency, which takes about 15 mins on medium flame

Step 5: After the jaggery has formed a sticky syrup-like consistency and the grated coconut is roasted, add the boiling hot jaggery to the roasted coconut and stir continuously on medium-flame until all the ingredients combine well

Step 6: When you notice the mixture stops sticking to the pan, **add 2 cardamom finely ground** and mix; switch off the flame and **discard the cinnamon stick and two cloves**

Step 7: While the mixture is hot, you may add roasted nuts (pistachio, cashew, almonds, etc.). Mould the mixture while still hot, into small bite-size balls. Do not allow the mixture to cool as it hardens making it nearly impossible to mould into desired shape

Laddus can be stored for a week. You can enjoy it as a high energy healthy snack.