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Child Nutrition Simplified

Rice Flour Mix Fruit Gulgule

28 Sep 2020 10 Min

Details

Gulgula is traditional sweet made in different regions of India.

Ingredients



1 Grated Tbsp(16.0 gm) Apple



2 Tbsp(28.0 gm) Rice Flour



100 Ml(100.0 ml) Water



1/4 Tsp(0.89 gm) Baking Powder



1 Tbsp(15.0 gm) Ghee



1/4 Powder Tsp(0.5 gm) Green Elaichi



2 Chopped Tbsp(18.0 gm) Jaggery

Method (Step-By-Step)

- Add 1 tbsp chopped jaggery, add 1/4th tsp cardamom powder, 1 tbsp Grated apple water, 2 tbsp rice flour and mix well and beat it for 2 minutes.
- Add 1/4th tsp baking powder & mix
- Fry it in ghee until turns golden brown
- Serve