



Oats Paneer Ball

5

20 Min

Description

Oats Paneer Balls is a North Indian dessert with a healthy twist made with a blend of fiber rich oats and protein rich paneer flavoured with aromatic ingredients. A scrumptious dessert for post meal cravings or holiday indulgence.

Ingredients

- 1/8 Grated Cup(70.0 gm) Paneer
- 2.0 Chopped Tbsp(33.0 gm) Dates
- 1/8 Powder Tsp(0.25 gm) Green Elaichi
- 5.0 Tbsp(37.0 gm) Oats
- 2 Strand(0.2 gm) Kesar
- 1/4 Tsp(1.0 gm) Ghee

Method of Preparation (Step by Step)

- In a nonstick kadhai, mash 1/2 cup grated paneer until soft, and saute for 34 minutes on low flame. Keep aside to cool down.
- After that, add in 2 Kesar strands, 1/8 tsp green elaichi powder, roasted ground oats, 2 tbsp chopped dates, and mix well.
- Make smooth round balls and serve.

Nutrition Information

Per Serving: 1 Number - 25.0 gm

Energy	85.5 kcal
Carbohydrate	10.06 gm
Protein	1.83 gm
Total Fat	2.2 gm
Total Fiber	0.75 gm