



Millet Jaggery Ladoo

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Details

Ragi is a whole grain that is gluten-free and a staple in South India. It is rich in fiber that helps with weight loss and diabetes. It's packed with calcium, good carbs, amino acids and Vitamin D making this the best nutritious dessert or snack for kids.

Ingredients



1/2 Flour Cup(51.0 gm) Ragi



2.0 Tbsp(30.0 gm) Jaggery



1.0 Chopped Tbsp(9.0 gm) Walnut



1/2 Powder Tsp(1.0 gm) Green Elaichi



2.0 Tbsp(23.0 gm) Ghee

Method (Step-By-Step)

- In a pan, add 1/2 cup ragi flour.
- Add 1.5 tbsp ghee and roast the flour well.
- Add 2 tbsp chopped jaggery, 1 tbsp chopped walnut and mix well.
- Remove it into a bowl to cool.
- Add 1/2 tsp green elaichi powder, mix it well.
- Make ladoos and serve it.