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Child Nutrition Simplified

Sorghum Energy Balls

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Details

It is a great combination of high fibre, protein and complex carbs. A healthy choice to satisfy cravings without sabotaging your diet that also gives a quick burst of energy. Puffed Jowar with the combination of jaggery is enriched with extra vitamins and minerals like iron.

Ingredients



50 Gram(25.0 gm) Jowar Puffed



1 Tsp(4.0 gm) Ghee



1/4 Powder Cup(42.0 gm) Jaggery

Method (Step-By-Step)

- In a kadhai, add 1/4 cup jaggery powder, 1 tsp ghee, water and mix well.
- Add 25 gm puffed jowar and mix well.
- Allow to cool and make into balls.