



Date and Dry Fruits Ladoo

Introduction

Dates and dry fruits laddoo is a delicious and nutritious sweet treat that can be made at

home with minimal effort. Perfect for festivities or as a healthy snack, this recipe uses natural sweetness from dates and the rich flavors of assorted dry fruits. Not only are these laddoos easy to prepare, but they also offer a plethora of health benefits, making them an ideal choice for anyone looking to satisfy their sweet tooth in a healthier way.

Detailed Ingredients with measures

- Dates: 2 cups, pitted
- Mixed nuts (such as almonds, cashews, and walnuts): 1 cup, chopped
- Dried fruits (such as raisins and cranberries): 1/2 cup
- Ghee (clarified butter): 2 tablespoons
- Cardamom powder: 1 teaspoon
- Coconut (grated or desiccated): 1/2 cup, optional

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 10 minutes

Total Time: 25 minutes

Yield: Approximately 10-12 laddoos



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Detailed Directions and Instructions

Step 1: Prepare the Ingredients

Gather all the dried fruits and nuts you'll be using for the laddoo. Make sure they are fresh and have no signs of spoilage.

Step 2: Chop the Dry Fruits

Finely chop the dates, almonds, cashews, and any other dry fruits you've chosen. The smaller the pieces, the easier it will be to form the laddoo.

Step 3: Toast the Nuts

In a pan on low heat, lightly toast the chopped nuts until they are fragrant. This enhances their flavor and adds a nice crunch.

Step 4: Combine the Ingredients

In a mixing bowl, combine the chopped dates, toasted nuts, and any other dry fruits. Make sure they are evenly mixed.

Step 5: Add Ghee

Melt some ghee and pour it over the mixed dry fruits and nuts. Ghee acts as a binding agent, helping to hold the laddoos together.

Step 6: Mix Thoroughly

Using your hands, mix the ingredients thoroughly. Make sure the ghee is evenly distributed and everything is well combined.

Step 7: Form the Laddoos

Take a small portion of the mixture and roll it into a ball shape using your palms. Repeat until all the mixture is used up.

Step 8: Cool the Laddoos

Place the formed laddoos on a plate or tray and allow them to cool at room temperature. This will help them set properly.

Step 9: Store Properly

Once cooled, store the laddoos in an airtight container to keep them fresh.

Notes

Variation Options

Feel free to experiment with different nuts and dried fruits based on your preference or what you have available.

Ghee Alternatives

If you prefer, you can use coconut oil as an alternative to ghee for a different flavor profile.

Serving Suggestions

These laddoos can be enjoyed as a nutritious snack or a healthy dessert option.

Storage Advice

Keep the laddoos in a cool, dry place. They can be refrigerated for longer shelf life, but it may change their texture slightly.



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Cook techniques

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