

# TURMERIC SESAME LADOOS

## ANTI-INFLAMMATORY BOMBS !

Reap the multiple benefits of these bite sized laddoo from your very own kitchen pharmacy

### Ingredients:

- ▶ 1/3 cup jaggery powder/grated jaggery
- ▶ 2 tbsp dry ginger powder
- ▶ 1/2 tbsp turmeric powder
- ▶ 1/4 tsp black pepper powder
- ▶ 3-4 tablespoon ghee
- ▶ 1 tbsp lightly roasted sesame seeds (black or white)

### Method:

1. Mix all the ingredients in a bowl except ghee.
2. Add melted ghee slowly to the dry mix.
3. Mix everything with your fingers to make a dough that's wet enough to bind together.
4. Pinch out a bit of dough and roll to make a small ball – about the size of a marble.
5. Make more balls of the same size till all the dough is used up.
6. Store the balls in an air tight container. The balls remain good at room temperature for 10 days.

### Notes:

- ▶ Jaggery is loaded with various antioxidants, minerals and vitamins. It's a great digestive aid, boosts immunity and guards the body against the harmful pathogens.
- ▶ Ginger powder is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties.
- ▶ Turmeric has been shown to increase the immunity-boosting proteins in the body, is packed with antioxidants and possesses anti-inflammatory properties too.
- ▶ Black pepper contains minerals like potassium, calcium, magnesium, phosphorus, sodium, as well as vitamins such as thiamine, riboflavin, niacin, and vitamin B6.
- ▶ Ghee, a nutritional powerhouse contains plentiful amounts of fat-soluble vitamins A, D, E and K. These nutrients are essential to a wide range of body functions from the brain to the immune system.
- ▶ Sesame seeds are rich in calcium, magnesium and helps balances hormones.
- ▶ One can also use dates or honey to sweeten. Add coconut flakes for garnishing.

