

Coconut Cacao Laddoos – Festive special

Ingredients :

- 2 cups freshly grated coconut
- 2 cups water
- 1 tbsp cacao powder
- 1 cup assorted nuts as per choice
(slightly roast the pre-soaked, dried nuts
and coarsely powder them)
- 1/2 cup organic jaggery powder
- 1/4 tsp cardamom powder
- 1 tbsp roasted sattu
- pumpkin seeds to garnish(pre-soaked)

Method :

1. Heat the pan. Add jaggery and water to the pan.
2. Allow jaggery to melt slowly and stir the mixture often.
3. Let the mixture boil on high flame for around 5-6 minutes.
4. Once the jaggery syrup is thick enough, add fresh grated coconut and mix it thoroughly.
5. Coconut will start releasing its water and moisture.
6. Stir it in regular intervals in slow gas till it starts leaving the side.
7. Finally, the coconut mixture should be a little dry so that laddoos can be formed.
8. Now add cardamom powder, assorted nuts powder, cacao and sattu and give it a nice stir again for 2 minutes and switch off the stove.
9. Keep the cooked mixture aside for some time.
10. Take the lukewarm mixture and form laddoos with it.
11. Garnish with pumpkin seeds (pre-soaked).

Notes:

- Laddoos are a traditional Indian sweet and relished by all generations.
- Jaggery is rich in antioxidants and rich in zinc and selenium thereby boosting the overall immunity.
- Coconut is highly nutritious and rich in fibre, Vitamin E, B1, B3 also helps in reducing the risk of heart disease and improves good cholesterol.
- Raw cacao is the storehouse of antioxidants and magnesium having a positive effect on the brain and heart health too.

Variations:

Can add roasted coarsely powdered makhana or roasted groats oats powder to the laddoo too.

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