

Dry Fruit Laddu



Dry Fruit Laddu is a combination of healthy nuts. In this recipe, we use a nut to fulfill the nutrients requirement of a healthy person. Nuts and seeds benefit your health by providing a source of dietary fiber. Almond is a rich source of Vitamin E and calcium which provides shine texture to the skin and strong bones receptively.

Cashews are good choice if you have a deficiency of Iron and Zinc. Whereas pistachios are good source of Vitamin B6, which keep the hormones in balance. Walnuts are useful against cancer and also a good source of mono-unsaturated, heart-friendly fats.

Ingredients for Dry Fruit Laddu:

- 1/2 cup gondh (tree gum)
- 1 cup makane
- 1/2 cup almonds
- 1/2 cup cashew
- 1/2 cup walnuts
- 1 cup sugar
- 1/2 cup coconut flakes
- 1/2 cup mixed melon seeds
- 1/2 cup raisins
- 1/2 cup ghee mixed melon seeds raisins coconut flakes
- 1/4 cup ghee
- 500g black chickpeas
- 1/2 cup ghee
- 1tbsp cardamom powder

Ingredients For Making the Sugar Syrup:

- 1cup sugar or jaggery
- 1 cup of water

YouTube Video Link