

JAMUN MAVA CAKE

Jamun or Black plum is an important summer fruit, associated with many health and medicinal benefits.

Black plums contain a significant amount of vitamin C, iron, magnesium, B-family vitamins, and dietary fiber, as well as potassium, vitamin A and small amounts of protein.

Black Plum Health Benefits

- Skin Care
- Protects Heart
- Boosts Immune System
- Improves Circulation
- Weight Loss
- Prevents Cancer
- Manages Diabetes

Ever since I saw this amazing and easy recipe in Instagram by Amrita – [AMRITAOFLIFE](#), I so wanted to try it. Was totally in love with it. I tried the same in bundt pan and it came out beautiful.

Can't thank you enough for this delicious recipe.

You can also use other berries such as plum, cherries, strawberries, etc.

INGREDIENTS –

DRY INGREDIENTS MIX :

1 and 1/4 cup – fine semolina/ suji

1/4 cup – whole wheat flour

1 tsp – baking powder

1/4 tsp – baking soda

1/4 tsp – salt

WET INGREDIENTS MIX:

3/4 cup – Sugar

1/3 cup – ghee

1/2 cup – yogurt

3/4 cup – milk

1 tsp – vanilla essence

JAMUN COMPOTE :

200 gm – Jamun

2 tbsp – sugar

3 tbsp – water

METHOD –

Jamun Compote :

Pressure cook the jamun and water for one whistle.

Let it cool and blend to a smooth paste.

Add sugar and cook on low flame for about 10-15 minutes.

Let it cool.

Baking the cake –

Take a bowl and mix in all the wet ingredients well.

Add suji and sugar.

Mix and let it sit for about 30 minutes.

Now add the wheat flour, baking soda and baking powder. Mix well until combined.

Grease and dust a cake tin.

Later the batter and jamun compote.

Run a fork through it to create swirls.

Bake at 180 c for about 35-40 minutes or till the skewer comes out clean.

ENJOY:))

HAPPY EATING!!

Hope you liked my recipe.

Do drop in your feedback in the comment section below.

You can also checkout my Face book page @ foodnspoons and do not forget to click the 'like' button.

And my Instagram @foodnspoons.mani

Do share your pictures of the recipe tried from the website.

