

MOONG DAL LADOO | HOW TO MAKE MOONG DAL LADOO

So all set for Diwali??

Firecrackers, diyas, rangoli, new cloths, gifts and lots of sweets specially the homemade ones.

Finally tried my hands on moong dal ladoo and they came out extremely delicious and mouth melting.

I have always feared trying out moong dal halwa or ladoo ever since i got married. But this time i was adamant about succeeding and voila they came out perfectttt. And the secret behind was, i used homemade moong dal flour and also I have used DATE PALM JAGGERY aka NOLEN GUR here thats the reason the color seems a bit darker.

INGREDIENTS –

Moong dal – 2 cups

Date palm jaggery powder – 1 cup

Peanut butter – 1/4 cup

Ghee (clarified butter) – 1/4 cup

Dry fruits – 1/2 cup (chopped)

Cardamom powder – 1/2 tsp

METHOD –

Wash and Soak the dal for 4 hours.

Drain the water. Spread the dal and let it dry till the water dries up.

Now dry roast the dal in a thick bottomed pan.

Roast in a medium flame, stirring continuously till the colour changes and the dal gives out a nutty fragrance.

Let the dal cool and grind to fine powder.

Take a large bowl and sift the flour twice.

Add the chopped nuts and cardamom powder

Now add the peanut butter and mix well. Keep aside.

Heat 1/4 cup water in a thick bottomed pan. Add jaggery and let it melt.

Boil for 2 minutes in medium flame until frothy. Let it boil for a minute more and you will see a single string consistency will be formed. Take a drop between your thumb and index finger you can see a single string forming. Take off the heat.

Let it cool a bit and pour over the flour. Mix with a spatula.

Add in the melted ghee and mix well.

Take a scoop of the mixture and roll out ladoos before the mixture gets cold.

NOTES –

Substitute the date palm jaggery with equal amount of sugar or usual jaggery.

If using sugar, just powder the sugar and mix with the flour.

You can increase the sweetness according to your preference.

Add an extra tbsp of peanut butter if required, add little at a time.

Shape as per your preference.

ENJOY:))

HAPPY EATING!!

Hope you liked my recipe.

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