



Ingredients

1 cup gram flour (besan)
1/3 cup ghee
1/2 cup powdered sugar
1/2 tsp cardamom powder

Nutrients

Approx. calories per serving: 150 kcal

Procedure

Preheat a 20 cm Regular unit until the Thermo Indicator reaches the 20 degree mark. Add ghee and heat for a minute and then add the gram flour. Roast the gram flour on low heat, stirring continuously for 10-12 minutes, until you get the nutty aroma of cooked gram flour.

Move it onto a plate and allow it to cool a little. While the mixture is still warm, add the powdered sugar and start mixing it with your finger tips. It will come together like a loose dough. Shape it into a ladoo and place it on plate. Garnish with chopped nuts.