DietCloud – Recipe

Recipe Name: Almond Pottukathalai No Recipe - No Almond Chana Dal

Diet Type:

Course: Dessert

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Roasted Gram Dal (Pottukadalai) • 1/4 cup Jaggery - powdered • 1 teaspoon Cardamom Powder (Elaichi) - crushed • 1/4 cup Almond Meal (Badam Powder) • 1/4 cup Ghee	4

Preparation

• To begin making the Badam Pottukadalai Ladoo Recipe, we will first dry roast the already roasted channa dal until it releases the roasted aroma and slightly changes its color.
• Allow the roasted channa dal to cool down and powder it using a mixer grinder.
• Next in a large bowl, combine all of the ladoo ingredients including roasted chana dal powder, jaggery, cardamom powder, almond meal along with ghee.
• Knead using your hands until it holds into a ball of mass.
• Keep kneading until you can make lemon size balls of the Badam Pottukadalai Ladoo.

• So resist adding more ghee.
• Add only if neededRoll them into lemon size balls and the Badam Pottukadalai Ladoo are ready.
• Store the ladoos an air tight container in the refrigerator.

• You can also pack them in your snack box.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)