DietCloud – Recipe

Recipe Name: Besan Oats Ladoo Recipe

Diet Type:

Course: Dessert

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Gram flour (besan) • 1/2 cup Instant Oats (Oatmeal) • 3/4 cup Sugar - powdered • 1/4 tablespoon Cardamom Powder (Elaichi) • 1/4 cup Ghee • 1-2 tablespoon Pistachios - coarsely powdered	4

Preparation

• To begin making the Besan Oats Ladoo Recipe, first dry roast the oats in a kadai on a medium heat.

• This should take about 2-3 minutes, tossing the oats gently.

• Transfer the roasted oats into a plate and set aside to cool.

• Once cool enough, put the oats in a grinder and make a fine powder.

• In the same kadai, on a medium heat, dry roast the besan too.

• Take care to continuously stir the besan, to avoid burning it.

• You will know when the besan is roasted fully when the raw smell goes away, and the besan begins to smell toasted.

• This usually takes about 10-12 minutes and the colour will change a little bit.

• Do make sure you roast the besan on low to medium heat to avoid it getting burnt.

• Take the besan off the heat, add the roasted powdered oats, powdered sugar and cardamom to it and mix gently using a wooden spoon.

• Set this mixture aside.

• Melt the ghee in a bowl.

• You can either do this in short bursts in the microwave, or over a medium heat in a small pan.

• Add the melted ghee, one spoon at a time, into the mixture of roasted besan, roasted oats powder, powdered sugar and cardamom and fold till it comes together.

- The mixture will get clumpy and resemble wet sand.
- By now the ladoo mixture would be cool enough to handle.
- Grease your palms with ghee and using your fingers bring the besan ladoo powder and ghee together.
- Gently shape the mixture into ladoos of the size you desire.
- Sprinkle the Besan Oats Ladoo with coarsely powdered pistachio or any nut of your choice and arrange on a festive platter.
- Serve The Besan Oats Ladoo on any of the upcoming festivals or store in an air-tight box for later use.

Macronutrients

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