

Recipe Name: Kaju Badam Ladoo Recipe

Diet Type:

Course: Dessert

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Cashew nuts	8
• 1 cup Badam (Almond)	
• 1 1/4 cups Sugar	
• 1/2 cup Water	
• 1 teaspoon Cardamom Powder (Elaichi)	
• Ghee - for greasing	

Preparation

- Once soaked, peel the skin from the almonds and keep aside.
- Drain the water and wipe the almonds dry.
- Soak cashews for 15 to 20 minutes as well.
- After soaking,.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	8	55	24	4	35