

Recipe Name: For Chikki Recipe - Healthy Sesame Bars
Diet Type:
Course: Snack
Cuisine: Indian
Quantity: 2 pieces



Ingredients

Ingredient	Quantity
• 1/2 cup Sesame seeds (Til seeds)	6
• 1/3 cup Jaggery	
• 1 teaspoon Ghee - + 1/2 teaspoon more for greasing	

Preparation

- To begin making the Til Chikki recipe, we will first grease an 8 x 8 square pan with ghee that has a minimum of two inch rim and keep aside.
- Place a pan on medium heat and roast the (til) sesame seeds till they are light golden in color.
- Turn off the heat.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	2	1	10