

Recipe Name: Rava Ladoo Recipe | Sooji Laddu Recipe

Diet Type:

Course: Dessert

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 tablespoon Ghee	20
• 1/4 cup Raisins	
• 1/4 cup Cashew nuts - roughly halved	
• 1 tablespoon Ghee	
• 2 cups Sooji (Semolina/ Rava) - semolina	
• 1/2 cup Ghee - plus more if required	
• 1/4 cup Dessicated Coconut - (dry fine variety)	
• 3/4 cup Sugar - finely powdered	
• 2 teaspoons Cardamom Powder (Elaichi)	

Preparation

- To begin making the Rava Ladoo Recipe, we will first heat a teaspoon of ghee in a small pan on low heat; roast the cashew nuts until lightly golden and crisp.
- Turn off the heat and keep this aside.
- Preheat a pan over medium heat and roast the rava/sooji/ semolina for about 4 to 5 minutes until you get a roasted aroma.
- Ensure it does not brown and burn.
- Add the roasted sooji/rava, dessicated coconut, elaichi powder to the powdered sugar and blend to make a coarse powder of the entire sooji mixture.
- Powdering the rava/sooji will a little will give a better texture and good bite for the rava ladoo.
- Add the melted ghee and combine it well together.



- Shape the rava laddoo mixture into 20 equal size balls.
- The entire mixture should be warm, if the rava mixture has cooled down, then it will not be able to hold firm into a ball.
- You have to ensure the you compress the rava laddoo mixture effectively with your fingers to bring it together.
- Store them in an airtight container for about 2 weeks.

Macronutrients

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