

Navaratri Special Recipe

Coconut Ladoo

Coconut Ladoo is a quick delicious treat to make for any occasion, celebration or festivals like Holi, Ganesh Chaturthi, Diwali or Navaratri.

Coconut Ladoo are usually made with fresh Milk & Desiccated Coconut Powder. This recipe is good for those who do not have access to Coconut and do not have time to prepare from scratch.

Desiccated Coconut Powder contributes to the sweetness, making this dish a fairly healthy dessert.

The recipe we are looking at is a South Indian speciality and is known as **Coconut Ladoo / Thengai Laddu**.

Course: Sweet | Dessert

Cuisine: South Indian

Preparation Time: 5 Minutes

Cooking Time: 10 Minutes

Ingredients:

- ½ cup Condensed Milk
- 2 cups of Desiccated Coconut Powder
- 1 pinch of Cardamom
- Nuts (Pistachios, Almonds & Cashews), dry roasted & chopped as desired

Instructions:

- Add ½ tin or ½ cup + 200gms of Condensed Milk to a non-stick pan.
- Add Desiccated Coconut Powder to suit the taste. Use 2 cups of Desiccated Coconut to make them mildly sweet by having a dominating taste of Coconut and less of Condensed Milk.
- Mix it well. Begin to cook on a low flame stirring frequently.
- Cook until mix turns warm and becomes a thick mass. Switch off the stove.
- Add Cardamom powder and some dry roasted nuts.
- When the mixture is still hot, take small portions and roll to balls.
- Add some Desiccated Coconut Powder to a plate and roll the balls on them.
- Garnish them with more nuts.
- Store Coconut Ladoo in an air-tight jar and refrigerate. Use within 3-4 days.

Unlike the Coconut Burfi, the addition of milk in this Coconut Ladoo recipe, gives it a softer texture. All you have to do is taste a Ladoo and watch how effortlessly it disintegrates and melts in your mouth.

The final touch comes from the coating of the Desiccated Coconut on top of the Ladoos. It elevates the simple Coconut Ladoo into something much more elegant.

Happy Celebrations !!!

Navaratri Special Recipe

Eggless Coconut Cookies

This is an amazing & tasty eggless Coconut Cookies made with whole wheat flour, Desiccated Coconut Powder & Jaggery. This is suitable for all age groups from kids to adults.

These Coconut Cookies are slightly chewy from outside with a soft texture from within. Desiccated Coconut combined with this recipe gives an aromatic flavour of Cardamom & Ginger.

Course: Snacks
Cuisine: North / South Indian

Preparation Time: 10 Minutes
Cooking Time: 20 Minutes

Ingredients:

- 1 Cup whole wheat flour
- ¼ Cup Desiccated Coconut Powder
- ¼ tsp baking powder
- 4 tbsp Coconut Oil
- 1 tbsp fine Sooji
- ½ tsp Cardamom powder
- ¼ tsp dry Ginger powder
- ½ cup grated Jaggery
- 2-3 tbsp Coconut Milk



Instructions:

- Take 1 cup of whole Wheat flour & ¼ tsp baking powder in a mixing bowl.
- With a spoon or spatula mix well, and also preheat your oven to 180 degrees Celsius 15 minutes before baking.
- Add 4 tbsp of Coconut oil. Lightly mix the oil with the flour. Instead of Coconut oil, butter or ghee can be used.
- Then add ¼ Cup of Desiccated Coconut Powder, 1 tbsp fine Sooji, ½ tsp Cardamom powder and ¼ tsp dry ginger powder.
- Add ½ cup grated Jaggery. Mix everything well.
- Add 2-3 tbsp of Coconut Milk or Water and start mixing the dough. The mixture should come together and hold easily.
- Mix together and gather the dough.
- Grease a tray or pan with 1 tsp Coconut oil.
- Pinch small to medium sized balls from the dough and place on the greased tray.
- Place a Cashew or Almond on each cookie and slightly flatten them by pressing on the top.
- Bake the Coconut Cookies in the pre-heated oven at 180 degree Celsius for 20-25 mins until the top becomes golden colour.
- Once baked, remove the Coconut Cookies from the tray and place them for cooling.
- When cooled at room temperature, store in an air-tight jar.

These Coconut Cookies can be served as a Tea-time snack or as a Navaratri Special Recipe with your Family & Friends.

Happy Celebrations !!!