



Biotin laddu

Serving: 15

Veg

Ingredients

- ½ cup peanuts
- ½ cup sesame
- 2 tbsp almonds
- 2 tbsp pistachios
- 2 tbsp sunflower seeds
- 2 tbsp pumpkin seeds
- ½ cup dry coconut (grated)
- 2 anjeer (chopped)
- 2 dates (chopped)
- ¼ tsp cardamom powder
- 1½ cup jaggery
- ¼ cup water

Preparation Method

- firstly, in a thick bottomed pan take ½ cup peanuts. roast on low flame until it turns crunchy and golden. cool completely, and blend to a coarse powder.
- transfer the peanut powder into a large bowl and keep it aside. in a pan roast ½ cup sesame. you can use black or white sesame. roast until the sesame turns aromatic and starts to pop out. cool completely, and blend to a coarse powder.
- transfer the sesame powder into the same large bowl and keep it aside. further take 2 tbsp almonds, 2 tbsp pistachios and roast until they turn crunchy.
- Iso add 2 tbsp sunflower seeds, 2 tbsp pumpkin seeds and roast well. cool completely, and blend to a coarse powder.
- transfer the nuts powder into the same large bowl and keep it aside. now take ½ cup dry coconut and roast on low flame. roast until the coconut turns aromatic and slightly golden brown.
- transfer the roasted coconut into the same large bowl/ also add 2 anjeer, 2 dates, ¼ tsp cardamom powder and mix well. mix until everything is well combined. keep aside.
- in a large kadai take 1½ cup jaggery and ¼ cup water. stir and boil until the jaggery syrup attains 1 string consistency. now add in prepared protein powder mix and mix well. combine well making sure everything is well combined.
- the mixture will start to thicken after a minute. transfer the mixture to a large plate. allow to cool slightly, this helps to hold the shape.
- now prepare the laddoo of the size of your choice.



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- finally, enjoy biotin balls for a month when stored in an airtight container.