



Fertility laddu

Serving: 15

Veg

### *Ingredients*

- 1/2 cup walnuts
- 1/2 cup Almonds
- 1/2 Cup Sesame seeds
- 1/2 cup Pumpkin seeds
- 1/2 cup Sunflower seeds
- 1.5 cup jaggery
- 12 seedless dates
- 1/2 cup crushed anjeer
- 1/2 cup cashew
- 1/2 cup pista
- 1/2 cup red kismis

### *Preparation Method*

- dry roast all nuts and grind them into a coarse powder add raisins , crushed anjeer , seedless dates and Jaggery mix them well .
- Grind into fine powder / thick paste until nuts start releasing oils
- make them into laddu and enjoy the super food.