



Haemoglobin laddoo

Serving: 10

Veg

Ingredients

- Dates- 200-250 grms
- Ghee - 1 tbsp
- Almonds - 1/4 bowl
- Walnuts - 1/4 bowl
- Cashew Nuts- 1/4 bowl
- Sunflower seeds - 1/4 bowl
- Poppy seeds - 1 to 1.5 tbsp
- Pumpkin seeds - 1 tbsp
- Raisins - 2-3 tbsp
- Desiccated Coconut - 1/2 cup
- Nutmeg - 1 tsp
- Honey - 1 tbsp
- Gardencress/Halim/aseriyo - 1/4 bowl

Preparation Method

- Take some Dates & take out their seeds. Chop them finely & grind them in a mixer jar.
- Keep the pan for heating, add some Ghee, some Almonds, Walnuts, Cashew Nuts. Roast them on a slow flame & take them out on a plate.
- In the same pan, put Pumpkin Seeds, garden cress seeds, Sun Flower Seeds, roast them & take them out on a plate.
- Then put Poppy Seeds, Raisins, Desiccated Coconut. Turn the flame off & roast them & take them out
- In the same pan, put some Ghee, put Dates & roast them well. Then put Nutmeg Powder, roasted & chopped Dry Fruits, Honey, Roasted Seeds. Bind the Laddoos