



Fig Ladoo (ES)

Serving: 1

Veg

Ingredients

- -Fig- 100 grms
- -Apricot - 100 grms
- -Dates - 250 grms

Preparation Method

- -Blend All the ingredients in a blender and knead the mixture in to dough.
- -Make laddus of the dough and Coat it with Khaskhas.
- -It is a very good source of energy . It is also rich in iron