Gajar Ka Laddoo

Nutritive value per serving

Energy (Kcal)	228
Protein (g)	1.84
Fat (g)	13.98
Minerals (g)	1.56
Fibre (g)	1.53
Calcium (mg)	103
Iron (mg)	1.33
Carotene (µg)	2382

Ingredients	Weight	Measure/No.
Carrots	250 g	3 big size
Sugar	50 g	5 dsp
Coconut powder	20 g	2 dsp
Ghee	15 g	1 tbsp
Cardamom	0.25 g	¼ tsp
Cooked preparation	210 g	9

Method

1. Grate carrots.
2. Heat ghee, add carrots and stir-fry till golden.
3. Add sugar and cook while stirring frequently till ghee separates.
4. Add cardamom and coconut powder.
5. Allow the mixture to cool a little so that the mixture can be handled.
6. Take about 25 g of the portion and press between palms to make a laddoo.

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