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1.Date & Nut Energy Balls

Ingredients:

- 1 cup soft dates (pitted)
- ½ cup almonds
- ½ cup cashews
- ¼ cup grated coconut (plus extra for rolling)
- 1 tbsp chia seeds

Instructions:

1. Soak dates in warm water for 10 minutes if firm. Drain well.
2. In a blender, pulse almonds and cashews until coarsely chopped.
3. Add dates and blend until mixture becomes sticky but still slightly textured.
4. Transfer to a bowl, mix in chia seeds and grated coconut.
5. Take small portions and roll into bite-sized balls.
6. Roll each ball in extra grated coconut.
7. Chill in the refrigerator for 15–20 minutes before serving.



2.Ragi Ladoo

Ingredients:

- 1 cup ragi flour
- ¼ cup grated jaggery
- 2 tbsp ghee (or cold-pressed coconut oil)
- 1 tbsp sesame seeds

Instructions:

1. Heat a pan on low flame. Dry roast ragi flour for 5–7 minutes until it smells nutty.
 2. In a separate small pan, warm the ghee until liquid.
 3. Mix grated jaggery and sesame seeds into the roasted ragi flour.
 4. Pour the warm ghee over the mixture and stir well.
 5. When slightly cooled but still warm, shape into small round ladoos using your hands.
 6. Allow to cool completely; store in an airtight container.
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3.Banana Halwa (Satvic Style)

Ingredients:

- 2 ripe bananas (mashed)
- 1 tbsp coconut oil
- 2 tbsp jaggery
- 1 tbsp chopped cashews

Instructions:

1. Heat coconut oil in a non-stick pan on medium flame.
 2. Add mashed bananas and stir continuously for 2–3 minutes.
 3. Add jaggery and cook for 5–7 minutes, stirring constantly until mixture thickens.
 4. Toss in chopped cashews and cook for another 2–3 minutes.
 5. Transfer to a serving dish and serve warm.
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4.Coconut Barfi

Ingredients:

- 2 cups grated coconut
- $\frac{3}{4}$ cup jaggery
- $\frac{1}{4}$ cup coconut milk

Instructions:

1. In a pan, combine jaggery and coconut milk, and melt on low flame until smooth.
2. Add grated coconut and stir continuously for 5–7 minutes until the mixture thickens and starts to leave the sides of the pan.
3. Grease a plate or tray with a little coconut oil and pour the mixture.
4. Flatten evenly and allow to cool for 20 minutes.
5. Cut into squares or diamonds and serve.



5. Carrot Halwa (No Milk)

Ingredients:

- 2 cups grated carrots
- ½ cup jaggery
- 1 tbsp coconut oil
- 1 cup almond milk
- Chopped nuts for garnish

Instructions:

1. Heat coconut oil in a pan. Add grated carrots and sauté for 5–6 minutes until they soften slightly.
 2. Pour in almond milk and cook for 10–12 minutes until carrots are completely tender.
 3. Add jaggery and cook for another 5 minutes, stirring frequently until halwa thickens.
 4. Garnish with chopped nuts before serving.
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6. Dry Fruit Bar (No Bake)

Ingredients:

- ½ cup almonds
- ½ cup cashews
- ½ cup dates (pitted)
- 2 tbsp raisins
- 1 tsp cinnamon powder

Instructions:

1. In a blender, pulse almonds and cashews until coarsely chopped.
 2. Add dates, raisins, and cinnamon powder. Blend until a sticky mixture forms.
 3. Line a small tray with parchment paper and press mixture firmly into it.
 4. Refrigerate for at least 1 hour until firm.
 5. Cut into bars and serve chilled.
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7. Moong Dal Ladoo

Ingredients:

- 1 cup moong dal flour
- ½ cup jaggery powder
- 2 tbsp ghee
- 1 tbsp chopped nuts

Instructions:

1. Heat ghee in a non-stick pan and roast moong dal flour on low flame until golden and aromatic.
 2. Remove from heat, let it cool slightly.
 3. Mix jaggery powder and ghee into the roasted flour until it forms a soft dough.
 4. Shape into small round ladoos and press chopped nuts on top
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8. Apple Kheer

Ingredients:

- 2 apples (grated)
- 1 cup almond milk
- 1 tbsp jaggery
- 1 tsp cardamom powder

Instructions:

1. Heat almond milk in a pan. Add grated apples and cook on medium flame for 10 minutes until soft.
 2. Stir in jaggery and cardamom powder. Simmer for 5 minutes until kheer thickens.
 3. Serve warm or chilled.
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9. Millet Payasam

Ingredients:

- ½ cup little millet
- 1½ cups coconut milk
- ½ cup jaggery
- 1 tbsp coconut oil

Instructions:

1. Cook millet in water until soft, then drain excess water.
 2. In a pan, heat coconut oil and add cooked millet.
 3. Pour coconut milk and add jaggery. Stir continuously until creamy.
 4. Serve warm, garnished with nuts if desired.
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10. Peanut Chikki (Jaggery)

Ingredients:

- 1 cup roasted peanuts
- $\frac{3}{4}$ cup grated jaggery

Instructions:

1. In a heavy-bottom pan, melt jaggery on low flame until bubbly.
2. Add roasted peanuts and stir quickly to coat evenly.
3. Pour mixture onto a greased tray or banana leaf. Flatten with a spatula.
4. Cut into squares while still warm. Allow to cool completely before serving.



11. Sweet Potato Halwa

Ingredients:

- 2 cups boiled and mashed sweet potato
- ¼ cup jaggery
- 1 tbsp coconut oil
- ¼ tsp cardamom powder
- Almond slivers for garnish

Instructions:

1. Heat coconut oil in a non-stick pan.
 2. Add mashed sweet potato and sauté for 2–3 minutes.
 3. Stir in jaggery and cook for 5–7 minutes, stirring constantly until mixture thickens.
 4. Add cardamom powder and mix well.
 5. Garnish with almond slivers and serve warm.
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12. Fig & Date Pudding

Ingredients:

- 6 figs (soaked)
- 6 dates (soaked)
- ½ cup almond milk
- 1 tsp chia seeds

Instructions:

1. Blend soaked figs and dates with almond milk until smooth.
 2. Pour mixture into a small pan and heat on low flame for 5–6 minutes until slightly thickened.
 3. Stir occasionally to avoid sticking.
 4. Serve warm or chilled, sprinkled with chia seeds.
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13. Pumpkin Halwa

Ingredients:

- 2 cups grated pumpkin
- 1 tbsp coconut oil
- ¼ cup jaggery
- ½ cup coconut milk
- Chopped cashews for garnish

Instructions:

1. Heat coconut oil in a pan. Add grated pumpkin and sauté for 5–6 minutes.
 2. Pour in coconut milk and stir until pumpkin softens completely.
 3. Add jaggery and cook for 5–7 minutes until thick.
 4. Garnish with cashews and serve warm.
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14. Tender Coconut Kheer

Ingredients:

- 1 cup tender coconut pulp
- 1 cup coconut milk
- 2 tbsp jaggery syrup

Instructions:

1. Combine tender coconut pulp and coconut milk in a pan.
 2. Add jaggery syrup and heat on low flame for 5–7 minutes, stirring continuously.
 3. Let it cool slightly and serve chilled, garnished with coconut slivers.
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15. Lapsi (Broken Wheat)

Ingredients:

- 1 cup broken wheat (dalia)
- ¼ cup jaggery
- 2 cups water
- 1 tbsp ghee

Instructions:

1. Roast dalia in ghee on low flame for 5 minutes until aromatic.
 2. Add water and cook until dalia becomes soft.
 3. Stir in jaggery and cook for 3–4 minutes until mixture thickens.
 4. Serve warm in a bowl.
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16. Besan Coconut Laddu

Ingredients:

- 1 cup besan
- ¼ cup grated coconut
- ¼ cup jaggery powder
- 2 tbsp ghee

Instructions:

1. Heat ghee in a pan and roast besan until golden brown and aromatic.
2. Mix in grated coconut and jaggery powder.
3. While still warm, shape mixture into small round laddus.
4. Let cool completely before storing.



17. Banana Chia Pudding

Ingredients:

- 1 mashed banana
- 1 cup almond milk
- 2 tbsp chia seeds
- 1 tsp honey
- Nuts for topping

Instructions:

1. In a bowl, mix banana, almond milk, chia seeds, and honey.
 2. Pour into serving jars or bowls.
 3. Refrigerate for at least 3 hours or overnight to set.
 4. Garnish with chopped nuts before serving.
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18. Bajra Jaggery Balls

Ingredients:

- 1 cup bajra flour
- ¼ cup jaggery
- 1 tbsp sesame seeds
- 1 tbsp coconut oil

Instructions:

1. Dry roast bajra flour lightly in a pan for 2–3 minutes.
 2. Mix in melted jaggery and sesame seeds.
 3. Add coconut oil and knead into a soft mixture.
 4. Shape into small balls while warm.
 5. Cool completely before storing.
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19. Fruit Custard (No Sugar)

Ingredients:

- 1 cup coconut milk
- ½ mashed banana
- ¼ tsp vanilla extract
- Chopped fruits (apple, papaya, banana)

Instructions:

1. Blend banana with coconut milk and vanilla extract until smooth.
2. Pour into bowls and refrigerate for 1–2 hours.
3. Serve chilled, topped with fresh chopped fruits.



20. Almond Jaggery Burfi

Ingredients:

- 1 cup almond flour
- ½ cup jaggery syrup
- 1 tbsp coconut oil
- Almond flakes for garnish

Instructions:

1. Heat jaggery syrup on low flame until thick and sticky.
2. Add almond flour and coconut oil, mix well until smooth.
3. Pour mixture onto a greased tray and flatten evenly.
4. Garnish with almond flakes and let cool completely.
5. Cut into squares and serve.



21. Pineapple Sheera

Ingredients:

- ½ cup semolina
- 1 cup pineapple puree
- ¼ cup jaggery
- 1 tbsp ghee
- Chopped nuts for garnish

Instructions:

1. Heat ghee in a pan and roast semolina until aromatic and slightly golden.
 2. Add pineapple puree and stir continuously for 5–6 minutes.
 3. Mix in jaggery and cook until thickened.
 4. Garnish with chopped nuts and serve warm.
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22. Millet Ladoo (Foftail)

Ingredients:

- 1 cup foxtail millet flour
- ¼ cup jaggery
- 2 tbsp coconut oil

Instructions:

1. Dry roast millet flour lightly on low flame for 2–3 minutes.
 2. Melt jaggery and mix into the roasted flour.
 3. Add coconut oil and knead the mixture.
 4. Shape into small round laddus while warm.
 5. Cool completely before storing.
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23. Choco-Date Bliss Balls

Ingredients:

- 1 cup dates
- 1 tbsp unsweetened cocoa powder
- ½ cup almonds

Instructions:

1. Blend dates, cocoa powder, and almonds into a sticky dough.
 2. Roll into small bite-size balls.
 3. Refrigerate for 20 minutes before serving.
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24. Watermelon Popsicles

Ingredients:

- 2 cups watermelon chunks
- 1 tsp lemon juice
- 1 tsp honey

Instructions:

1. Blend all ingredients until smooth.
2. Pour mixture into popsicle molds.
3. Freeze overnight or at least 6 hours.
4. Serve chilled.



25. Coconut Bliss Bites

Ingredients:

- 1 cup grated coconut
- ¼ cup dates
- 1 tbsp coconut oil

Instructions:

1. Blend all ingredients to form a sticky mixture.
 2. Roll into small bite-sized balls.
 3. Chill for 15–20 minutes before serving.
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26. Jaggery Poha Sweet

Ingredients:

- 1 cup poha (flattened rice)
- ¼ cup jaggery
- 1 tbsp grated coconut
- Dry fruits for garnish

Instructions:

1. Soak poha for 5 minutes, drain excess water.
 2. Heat jaggery with grated coconut until slightly melted.
 3. Mix soaked poha and jaggery mixture well.
 4. Garnish with chopped dry fruits.
 5. Serve immediately or store in an airtight container.
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27. Makhana Ladoo

Ingredients:

- 1 cup roasted makhana
- ¼ cup jaggery
- 1 tbsp ghee
- 1 tbsp sesame seeds

Instructions:

1. Coarsely grind roasted makhana in a mixer.
 2. Melt jaggery with ghee and mix with ground makhana.
 3. Shape into small ladoos.
 4. Roll each ladoo in sesame seeds.
 5. Let cool completely before storing.
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28. Caramelized Banana Cups

Ingredients:

- 2 ripe bananas
- 1 tbsp jaggery
- ½ tsp cinnamon

Instructions:

1. Slice bananas into halves lengthwise.
 2. Sprinkle jaggery and cinnamon on top.
 3. Bake at 180°C for 10 minutes or until golden and caramelized.
 4. Serve warm in small bowls.
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29. Coconut-Date Bars

Ingredients:

- 1 cup dates
- 1 cup grated coconut
- 1 tbsp sesame seeds

Instructions:

1. Blend dates and coconut into sticky dough.
 2. Mix in sesame seeds.
 3. Press mixture into a tray lined with parchment paper.
 4. Refrigerate for 30 minutes.
 5. Cut into bars and serve.
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30. Apple Jaggery Halwa

Ingredients:

- 2 grated apples
- ¼ cup jaggery
- 1 tbsp coconut oil
- Nuts for garnish

Instructions:

1. Heat coconut oil in a pan. Add grated apples and sauté for 5 minutes.
 2. Add jaggery and stir continuously until mixture thickens.
 3. Garnish with chopped nuts and serve warm.
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31. Barley Sweet Porridge

Ingredients:

- ½ cup barley
- 1 cup coconut milk
- 2 tbsp jaggery

Instructions:

1. Cook barley in water until soft.
 2. Add coconut milk and jaggery.
 3. Simmer for 5–7 minutes until creamy.
 4. Serve warm, topped with nuts if desired.
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32. Jaggery Aval Kheer

Ingredients:

- 1 cup poha
- 1 cup coconut milk

Instructions:

1. Boil coconut milk in a pan.
 2. Add poha and cook until soft.
 3. Stir in jaggery and cook for another 3–4 minutes.
 4. Serve warm or chilled.
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33. Dry Fruit Modak

Ingredients:

- 1 cup mixed dry fruits (almonds, cashews, dates)
- 1 cup dates

Instructions:

1. Blend all ingredients into a sticky mixture.
 2. Shape into small modak shapes.
 3. Chill for 20 minutes before serving.
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34. Sapota (Chikoo) Mousse

Ingredients:

- 2 ripe sapotas
- ½ cup almond milk
- 1 tsp honey

Instructions:

1. Peel and blend sapotas with almond milk and honey until smooth.
 2. Pour into serving cups.
 3. Chill for 1–2 hours before serving.
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35. Sweet Corn Payasam

Ingredients:

- 1 cup sweet corn
- 1 cup coconut milk
- ¼ cup jaggery
- Cashew bits for garnish

Instructions:

1. Blend half of the sweet corn with coconut milk.
 2. Boil mixture with remaining corn and jaggery for 5–7 minutes.
 3. Garnish with roasted cashews.
 4. Serve warm.
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36. Millet Pancakes (Sweet)

Ingredients:

- 1 cup millet flour
- 1 mashed banana
- ½ cup water

Instructions:

1. Mix all ingredients into a smooth batter.
2. Heat a non-stick tawa. Pour small ladlefuls and cook till golden on both sides.
3. Serve warm with date syrup drizzle.



37. Tender Coconut Ladoo

Ingredients:

- 1 cup grated tender coconut
- ¼ cup jaggery

Instructions:

1. Mix grated coconut and jaggery in a pan over low flame.
 2. Cook until mixture binds together.
 3. Shape into small round ladoos.
 4. Cool before storing.
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38. Dates Kheer

Ingredients:

- 10 dates
- 1 cup almond milk
- 1 tsp cardamom

Instructions:

1. Blend dates with a little almond milk into smooth paste.
 2. Boil remaining almond milk and add date paste.
 3. Add cardamom powder and simmer for 5 minutes.
 4. Serve warm or chilled.
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39. Ragi Jaggery Cake (No Bake)

Ingredients:

- 1 cup ragi flour
- ½ cup jaggery syrup
- ¼ cup coconut milk

Instructions:

1. Mix all ingredients into smooth batter.
 2. Pour into greased cake mold.
 3. Steam for 15–20 minutes until set.
 4. Let cool, slice, and serve.
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40. Khajur Anjeer Roll

Ingredients:

- 1 cup dates
- 1 cup figs

Instructions:

1. Blend dates and figs into sticky paste.
 2. Roll into log shape and refrigerate for 30 minutes.
 3. Slice into pieces before serving.
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41. Banana Jaggery Muffin (No Bake)

Ingredients:

2 mashed bananas

1/4 cup jaggery

1/2 cup wheat flour

Instructions:

Mix all ingredients into smooth batter.

Pour into muffin molds.

Steam for 20 minutes until firm.

Cool slightly and serve.



42. Rose Coconut Pudding

Ingredients:

- 1 cup coconut milk
- 1 tbsp natural rose syrup
- 1 tsp agar agar

Instructions:

1. Mix coconut milk, rose syrup, and agar agar in a saucepan.
 2. Heat gently until agar agar dissolves completely.
 3. Pour into serving cups and refrigerate until set.
 4. Serve chilled with rose petals garnish.
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43. Sweet Millet Pongal

Ingredients:

- 1 cup millet
- ¼ cup jaggery
- 1 tbsp ghee

Instructions:

1. Cook millet in water until soft.
2. Add jaggery and ghee, mix well.
3. Serve warm in a bowl.



44. Mango Kheer

Ingredients:

- 1 cup mango pulp
- ½ cup coconut milk
- 1 tbsp jaggery

Instructions:

1. Mix all ingredients in a saucepan.
 2. Heat gently until slightly thickened.
 3. Serve chilled in small bowls.
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45. Lauki (Bottle Gourd) Halwa

Ingredients:

- 1 cup grated lauki
- ¼ cup jaggery
- ½ cup almond milk
- Almonds for garnish

Instructions:

1. Cook grated lauki in almond milk on medium flame until soft.
2. Add jaggery and cook for 5 minutes until thick.
3. Garnish with almonds and serve warm.



46. Amaranth Jaggery Bars

Ingredients:

- 1 cup popped amaranth
- ½ cup jaggery syrup

Instructions:

1. Mix popped amaranth and jaggery syrup thoroughly.
 2. Spread mixture on a greased tray and flatten evenly.
 3. Let it cool and harden, then cut into squares.
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47. Pear Cardamom Mousse

Ingredients:

- 2 ripe pears
- ½ cup almond milk
- ¼ tsp cardamom powder

Instructions:

1. Peel and blend pears with almond milk and cardamom powder until smooth.
 2. Pour into serving cups.
 3. Chill for 1–2 hours before serving.
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48. Cashew Date Burfi

Ingredients:

- 1 cup cashew powder
- ½ cup date paste

Instructions:

1. Mix cashew powder and date paste until smooth.
 2. Press mixture into greased tray and flatten evenly.
 3. Refrigerate for 30 minutes.
 4. Cut into squares before serving.
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49. Banana Nut Fudge

Ingredients:

- 1 banana
- ½ cup almond flour
- ¼ cup date paste
- Walnuts for garnish

Instructions:

1. Mash banana and mix with almond flour and date paste.
 2. Pour into tray and flatten evenly.
 3. Sprinkle walnuts on top and freeze for 30 minutes.
 4. Slice and serve.
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50. Coconut Jaggery Pancake

Ingredients:

- 1 cup wheat flour
- ¼ cup jaggery
- ½ cup coconut milk
- Coconut oil for cooking

Instructions:

1. Mix wheat flour, jaggery, and coconut milk to make a smooth batter.
2. Heat coconut oil in a non-stick pan.
3. Pour a ladle of batter and spread slightly.
4. Cook on low flame until golden on both sides.
5. Serve warm with date syrup or fresh coconut.