

Til Ladoo

Ingredients

- ½ cup white sesame seeds / ellu / til
- ½ cup black sesame seeds / ellu / til
- 1 cup jaggery
- ¼ cup water
- 2 tbsp peanuts, roasted & crushed
- 2 tbsp cashews, chopped
- ½ tsp cardamom powder



Instructions (1 cup =255 ml)

1. Firstly, in a pan dry roast ½ cup white sesame seeds and ½ cup black sesame seeds.
2. Further in a pan take 1 cup jaggery and ¼ cup water.
3. Keeping the flame on low stir well and dissolve jaggery.
4. Further boil the jaggery syrup for 5 minutes.
5. Now drop the jaggery syrup into a bowl of water and try to make a ball.
6. Turn off the flame and add roasted sesame seeds.
7. Also add 2 tbsp peanuts, 2 tbsp cashews and ½ tsp cardamom powder.
8. Combine well making sure everything combines well.
9. Now allow to cool for 5 minutes or till the mixture thickens.
10. Grease hand with little ghee and prepare balls of size of your choice.
11. Finally, serve til ladoo or store in a airtight container and enjoy for a month.