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Nutritious
**Dessert
Recipes**

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RAGI BROWNIES

*Ragi delicacies to sparkle your
celebrations!*



@harpreetbasra



HOW TO MAKE -



INGREDIENTS:

- 3/4 cup of butter
- 2 cups of ragi or finger millet flour
- 1 cup of jaggery powder
- 1/2 cup of cocoa powder
- 1 tsp of baking powder
- 1/2 tsp of vanilla essence
- 1 cup of warm milk
- Chopped dry fruits

METHOD:

- Preheat oven to 180 C.
- In a bowl add melted butter, jaggery powder and warm milk.
- Whisk well till jaggery dissolves.
- Sieve ragi flour, cocoa powder and baking powder.
- Add vanilla extract.
- Fold into a smooth batter.
- Add in chopped dry fruits.
- Pour into the baking tin lined with ghee-coated baking paper.
- Sprinkle dry fruits
- Bake at 180 C for 20-30 min.



ROASTED OATS, ALMONDS & CASHEW LADDU

*laddu with
a nutritious oats make over!*



HOW TO MAKE -



INGREDIENTS:

- 1 cup dates
- 1 cup roasted oats
- 1/2 cup roasted almonds
- 1/2 cup roasted cashews
- 3 tbsp cocoa powder
- 1/2 cup melted chocolate (for coating)

METHOD:

- In a bowl, add de-seeded dates and soak them in hot water for 15-20 minutes.
- Now add soaked dates (without water), roasted oats, roasted almonds, roasted cashews along with cocoa powder in grinder and blend everything together.
- If the mixture feels too dry add 1-2 tbsp water.
- Take out the mixture on a plate and make small balls out of it.
- Dip these balls in melted chocolate and garnish them with almonds.





HEALTHY MIX LADDU

*Elevate your celebrations with
the healthiest mix laddus*



HOW TO MAKE -



INGREDIENTS:

To make laddus-

- 1/4 cup soaked almonds
- 1/2 cup de-seeded dates
- 1/4 cup blended dry coconut (gola)
- 1 tbsp cacao powder
- 1/2 tsp cinnamon powder
- 1 tsp jaggery powder
- 2 tsp chia seeds
- pinch of rock salt

For Coating-

- 1 tbsp almonds, roasted and chopped
- 1 tbsp white sesame seeds, roasted
- 1 tbsp pistachios, roasted and chopped
- 1 tsp poppy seeds, roasted

METHOD:

- In a small blender jar, place all the laddu ingredients and blend until you get a mouldable texture. Do not make this mixture very smooth.
- Shape the mixture into small balls.
- Place each coating separately on a flat surface. Roll the balls in the coatings individually, until evenly coated from all sides.
- The balls can be served immediately or stored for 3-4 days.



HOW TO MAKE -



INGREDIENTS:

- 1 cup grated carrot
- 1 cup coconut
- 1 tsp cardamom powder
- 2 tbsp almond, pista
- 1 pinch saffron
- 1 cup sugar
- 1/4 cup water
- 5 tbsp ghee

METHOD:

- Grease the tray with ghee or place butter sheet in a tray.
- Peel off, wash, finely grate the carrot
- Heat pan add 2 tbsp ghee, add coconut, carrot , saute for 3 min.
- Heat pan with sugar and water.
- On one string consistency add carrot coconut mixture well.
- Add ghee and stir continuously until thick consistency.
- Then add cardamom powder, cut off heat
- Transfer this to ghee greased tray. Spread evenly. Sprinkle almond, pista, saffron.
- Leave it for 10 min to 2 hours then cut in to desired shapes.
- Put this in an airtight container.



CARROT COCONUT BARFI

*Party delight with
Carrot Coconut Barfi*



KAJU KATLI

*Indulge in sweet delight with
our irresistible Kaju Katli*



HOW TO MAKE -



INGREDIENTS:

- 1 cup cashews [Kaju]
- 1 cup jaggery
- 1/4 cup Water
- 1 tbsp ghee

METHOD:

- In a mixer jar add cashew, finely grind [Don't grind for long]
- Heat same pan, add jaggery & water, cook till 1 string consistency [Apr 5 min]
- Add ground cashews cook till it thickens or the mixture start leaving the pan [Apr 3 to 5 min]
- Once its ready, pour the mixture into the ghee greased or butter sheet tray, evenly spread, then let it set
- Then cut into diamond shapes, store in an airtight container.



PANEER SHRIKHAND

*Savor the richness of
Paneer Shrikhand*

@harpreetpasricha





HOW TO MAKE -

INGREDIENTS:

- 500ml milk (to make paneer)
- 2 tbsp of sugar
- 2 tbsp of milk
- Chopped nuts, almonds, or cashew nuts
- Kesar/ strawberry/
pinch of elaichi powder

METHOD:

- Boil the milk, add half a lime juice and make paneer.
- Grind the fresh paneer with milk and then add 2 tbsp sugar.
- Add chopped nuts, kesar / strawberry/ elaichi powder as per your choice.



MOONG DAL HALWA



*Light up your celebrations with the
richness of Mong Dal Halwa*





HOW TO MAKE -

INGREDIENTS:

- 1 cup moong dal
- $\frac{1}{2}$ - $\frac{3}{4}$ cup jaggery
- $\frac{1}{4}$ cup water
- 1 tsp cardamom powder
- 2 tbsp almonds, cashew nut & raisins
- $\frac{1}{2}$ cup ghee

METHOD:

- Wash and soak moong dal for 2 hours
- Then drain water, coarsely or finely grind without water.
- Heat 2 tbsp ghee in a pan add cashews & raisins roast till light brown.
- In the same pan add rest of the ghee, add ground moong dal mixture saute till it's cooked.
- Heat pan add jaggery and water, let it melt then strain to remove impurities.
- Add melted jaggery to the moong dal mixture, mix well & let it cook till the mixture thickens or the mixture starts leaving the pan.
- Add cardamom powder & roasted nuts and raisins.
- Once the mixture start leaving the pan then cut off heat.
- Transfer this to ghee greased tray, evenly spread, sprinkle raisins and cashews.
- Then serve hot or cold.

