

Market District Demo Recipes

Dessert



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Cardamom Oat and Mixed Nut Ladoo

Serves: 30

Modified from: www.tarladalal.com

Items Needed: cutting board, chef knife, non-stick pan, large mixing bowl, wooden spoon, measuring cups, measuring spoons

Ingredients:

- 3 $\frac{3}{4}$ cups quick cooking rolled oats
- $\frac{1}{4}$ c. finely chopped walnuts
- $\frac{1}{4}$ c. finely chopped almonds
- $\frac{1}{2}$ c. sesame seeds
- 2 $\frac{1}{2}$ Tbsp ghee
- $\frac{1}{2}$ c. coconut sugar
- 1 $\frac{3}{4}$ tsp cardamom powder
- $\frac{1}{2}$ c. unsweetened almond milk

Directions:

1. Heat a broad non-stick pan, add the oats and dry roast on a medium flame for 3 minutes. Remove and keep aside to cool completely.
2. Heat the same broad non-stick pan, add the sesame seeds and dry roast them on a medium flame for 2 minutes. Keep aside to cool completely.
3. Heat the ghee and coconut sugar in the same broad non-stick pan, mix well and cook on a slow flame for 1 minutes, while stirring continuously.
4. Transfer the ghee and sugar mixture into a large bowl and allow it to cool slightly.
5. Add the roasted oats, roasted sesame seeds, walnuts, almonds and cardamom powder to the ghee and sugar, and mix very well. Add the milk and mix very well.
6. Roll the dough into 30 even-size balls. Serve immediately.

Nutrition Information (per 1 ladoo):

Calories: 87 Fat: 4 g Carbs: 8 g Protein: 2 g Fiber: 1.5 g Sodium: 3 mg