

FIND IT ON HEALTHY.INDIAN.BITES



Peanut Jaggery Laddu

Diet Recipes, Food Blog.

Peanut Jaggery Laddu food recipe is winter special recipe. It gives lot of warmth and energy eating it in cool winters. People love eating it on regular basis as a snack. It is authentic Indian food recipe, cooked at different places all over India with little modifications. Also, it's part of auspicious religious ceremonies. Cooking idea behind it is to blend peanuts with jaggery sautéing it in a pan. And then cool down to form a rubbery sweet ball. Recipe is quite simple and takes 20-25 min to cook it.

In [HealthyIndianBites](http://HealthyIndianBites.com) food blogs, we try to cook and promote healthy nutritious food recipes. This is simple food combination of Peanut and Jaggery. Sparing few minutes to learn this healthy recipe is really worth eating and adding to a diet. It can be bought from Market as well. But downside of it is, we are ignorant of the quality of Jaggery, and it costs lot more. Many non-branded sellers sell this product, so it is no good idea to buy something less nutritious. Hopefully, viewers like our style of cooking this recipe. We look forward for your comments and suggestion. For latest and regular updates, enroll us on our [newsletter](#). For live demo on cooking, please refer our cooking channel on [Social Media](#).

Instagram ID: [Healthy.Indian.Bites](#)

Youtube and Facebook: [HealthyIndianBites](#)

Best Cooking method of Peanut Jaggery Laddu.



Cooking Ingredients:

- 100 gm Peanut.
- 100 gm Jaggery.
- 1 teaspoon Ghee.
- 1 teaspoon Cardamom powder.
- 1 teaspoon Cinnamon powder.
- 1 teaspoon Clove mix fine powder.
- 1 teaspoon Salt.

Cooking Method:

1. Melt 1 teaspoon Ghee.
2. Mix Ghee with crushed Peanuts.
3. Wet Cardamom, Cinnamon and Clove with ghee and roast on tawa a bit. This will activate spices.
4. Grind in mixer grinder to form powder.
5. Filter it. Repeat step 4 again.
6. Add this powder to peanuts.
7. Break Jaggery to smaller pieces. Melt it in a pan.
8. Do not overheat jaggery. Shut off flame. Sprinkle water to it and let it cool down.
9. Mix peanuts to it. Mix well.
10. Grease steel tray with little Ghee.
11. Spread evenly, Jaggery and Peanut mix on it.
12. After it cools down a bit. Bind Laddu with hands.
13. Let it rest overnight. After it cools down. It is ready to eat. Eat it in limits not more than 2-3 balls a day.

Easy Cooking Tips for Beginners

- Try to melt jaggery on low flame.
- Break Jaggery into smaller pieces so it melts fast and easy.
- Try buying good quality jaggery products.
- Maintain ratio of Peanuts with Jaggery to 1:1.
- Adding Fennel, Cinnamon and Cardamom to it adds flavor and taste along with health benefits.
- Sprinkle little water to a pan, before adding peanuts to it. This will cool down pan.
- Shut down stove. And then add peanuts to it. This will avoid burning peanuts.
- Add peanuts with its peel. Peel of peanuts is also nutritious.
- Adding cinnamon powder at last, adds flavor and fragrance to a recipe.
- Jaggery and Peanuts cooling down process takes time. So do not overheat it. Otherwise Jaggery may get very hard and brittle.
- Apply ghee and spread on a steel plate. Do not use melamine or plastic plate for this.
- After cooling down of peanut and Jaggery, it forms rubbery texture, that can be easily bind to form balls.
- Let it settle, overnight to bind in perfect laddu.

Health Benefits of Eating Jaggery.



Melt 1 cup Jaggery
on lowest flame

1. Jaggery has property that helps increase digestion of foods in body. Also heat in it, keeps body warm.
2. Deficiency of hemoglobin causes anemia. Nutrients present in Jaggery helps cleansing blood, strengthen blood vessels.
3. It is manganese and good source of [*antioxidants*](#). This helps to strengthen bones and cleanses body as well.
4. Regular 10-15 gms of Jaggery intake is good enough. It is a great substitute cooking sweet foods with high calorie crystalized white Sugar.
5. Food combination of Peanuts with Jaggery is like getting best all.