



Let's Celebrate

# Holi - Besan Ladoo Sweets



## You will need

- 1 cup gram flour
- $\frac{3}{4}$  cup ghee
- 1 cup caster sugar
- 2 cardamom pods (ground)
- Handful raisins
- 10-15 cashew nuts (broken into pieces)



Remember to ask a grown-up for help

1

Fry the cashew nuts and raisins in a little ghee until they are slightly brown, then put to one side.

2

Heat half the ghee in a thick pan and add the gram flour to it, stirring continuously.

3

Add the sugar and ground cardamom to the gram flour and fry gently for about 10 minutes, until there is a distinct aroma.

4

Add raisins and cashews to the flour and mix in the remaining ghee.

5

Allow the mixture to cool slightly before using your hands to make small ball shapes, then place them on a plate to cool

6

If necessary, a small quantity of milk can be added to the mixture to help the balls keep their shape.