



HEALTHY MINI BOOSTER LADDU

BY

SADIKA INAMDAR

Facebook Page

<https://www.facebook.com/epicbiteveg>

YouTube channel

<https://www.youtube.com/channel/UC2yD4eWuwxG4Qr97EjrLWYA>

WhatsApp Group

<https://chat.whatsapp.com/ECM4IVfwkooLw5FxfLwcRl>

WhatsApp Community Group

<https://whatsapp.com/channel/0029Va9c41G0VyclZnVn2u3r/138>

Insta Page

https://www.instagram.com/epicbite.sweetdelight?igsh=OXlucHM4d2ZmYTZx&utm_source

RECIPE VIDEO LINK

<https://www.youtube.com/live/RaZs37MYx0c?si=zjldluN4B5bUmbI7>

1) CYCLE SEEDS LADDU

AMLA POWDER	1.5 GRM
CINNAMON POWDER	¼ TSP
COCOA POWDER	10 GRM
DATES	120 GRM
FLAX SEEDS	55 GRM
PUMKIN SEEDS	55 GRM
SALT	PINCH
SUNFLOWER SEEDS	10 GM
VANILLA ESSENCE	1 TSP
WALNUTS	20 GRM

2) SECOND SEED CYCLE LADDU

SESSAME SEEDS	60 GRM
AMLA POWDER	1.5 GRM
CARDAMOM POWDER	1 TSP
DATES	120 GRM
EDIBLE GUM	10 GRM
FENNEL SEEDS	1.5 GRM
GHEE	1 TBSP
GINGER POWDER	2 GRM
GRATED COCONUT	25 GRM
MORINGA POWDER	½ TSP
SALT	PINCH
SUNFLOWER SEEDS	60 GRM

3) HALEEM SEEDS BITES

HALEEM SEEDS	25 GRM
CARDAMOM POWDER	1 TSP
CASHEW AND ALMOND	25 GRM
EDIBLE GUM	20 GRM
FRESH COCONUT	125 GRM
GHEE	45 ML
JAGGERY	140 GRM
NUTMEG POWDER	½ TSP

4) HARMONAL BALANCE LADDU

FLAXSEED	40 GRM
ALMONDS	15 GRM
AMLA POWDER	2 GRM
CHIA SEEDS	12 GRM
CINNAMON POWDER	1.5 GRM
GHEE	1 TBSP
GINGER POWDER	1.5 GRM
GRATED DRY COCONUT	20 GRM
JAGGERY	180 GRM
MAKHANA	20 GRM
MORINGA POWDER	1.5 GRM
PUMPKIN SEEDS	20 GRM
SALT	PINCH
SESSAME SEEDS	40 GRM
SUNFLOWER SEEDS	20 GRM
VANILLA ESSENCE	1 TSP
WALNUTS	15 GRM

5) CALCIUM RICH LADDU

WHITE SESSAME SEEDS	50 GRM
ALMONDS	20 GRM
CASHEW	20 GRM
DRY COCONUT	25 GRM
EDIBLE GUM	10 GRM
GHEE	2 TBSP TO 3 TBSP
JAGGERY	150 GRM
MAKHANA	25 GRM
POPPY SEEDS	10 GRM
RAGI FLOUR/FINGER MILLET FLOUR	25 GRM
SALT	PINCH
VANILLA ESSENCE	1 TSP

6) OMEGA 3 RICH BITE

FLAX SEEDS	65 GRM
ALMONDS	15 GRM
CHIA SEEDS	12 GRM
EDIBLE GUM	20 GRM
GHEE	20 ML
JAGGERY	120 GRM
NUTELLA	70 GRM
PISTA	15 GRM
PUMPKIN SEEDS	20 GRM
SALT	PINCH
VANILLA ESSENCE	1 TSP
WALNUTS	35 GRM

7) B12 RICH LADDU

MAKHANA	25 GRM
ALMONDS	30 GRM
CASHEW	20 GRM
COCOA POWDER	7 GRM
DATES	50 GRM
DRY COCONUT	20 GRM
FLAX SEEDS	15 GRM
GHEE	20 GRM
JAGGERY	120 GRM
NUTRITIONAL YEAST	10 GRM
PEANUT BUTTER	25 GRM
PUMPKIN SEEDS	20 GRM
ROASTED BLACK CHANA	25 GRM
SALT	PINCH
SESSAME SEEDS	20 GRM
SUNFLOWER SEEDS	20 GRM
VANILLA ESSENCE	1 TSP

8) OATS FIBRE LADDU

ALMONDS	10 GRM
CASHEW	10 GRM
CHIA SEEDS	10 GRM
DATES	50 GRM
FLAX SEEDS	20 GRM
GHEE	1/2 TSP
HONEY	15 ML
ISABGOL	10 GRM
JAGGERY	50 GRM
OATS	40 GRM
PINK COLOUR	FEW DROPS
PISTA	10 GRM
PUMPKIN SEEDS	10 GRM
RAISINS	10 GRM
ROSE ESSENCE	2 TO 3 DROPS
SALT	PINCH
SUNFLOWER SEEDS	10 GRM
VANILLA ESSENCE	½ TSP

9) MULTIVITAMIN LADDU

RAJGIRA PUFF	15 GRM
ALMONDS	15 GRM
DATES	45 GRM
JAGGERY	80 GRM
WALNUTS	10 GRM
PUMPKIN SEEDS	10 GRM
SUNFLOWER SEEDS	10 GRM
FLAX SEEDS	10 GRM
CHIA SEEDS	5 GRM
MAKHANA	12 GRM
SESSAME SEEDS	15 GRM
DRY COCONUT	15 GRM
GHEE	20 ML
SALT	PINCH
VANILLA ESSENCE	1 TSP
TURMERIC POWDER	2 GRM
CINNAMON POWDER	1.5 GRM
EDIBLE GUM	15 GRM
HONEY	25 GRM

10) BIOTIN MINI LADDU

SESSAME SEEDS	15 GRM
PEANUTS	25 GRM
ALMONDS	15 GRM
WALNUTS	15 GRM
BLACK SESSAME SEEDS	10 GRM
PUMPKIN SEEDS	5 GRM
SUNFLOWER SEEDS	5 GRM
DRY COCONUT	15 GRM
ROASTED CHANA	15 GRM
FLAX SEEDS	10 GRM
DATES	15 GRM
JAGGERY	50 GRM
GHEE	20 ML
SALT	PINCH
VANILLA ESSENCE	1 TSP
EDIBLE GUM	15 GRM
BISCOFF SPREAD	50 GRM
AMLA POWDER	3 GRM

11) PROTEIN MINI LADDU

WHOLE MOONG DAL	30 GRM
ROASTED CHANA	40 GRM
ALMONDS	20 GRM
WHEY PROTEIN POWDER	15 GRM
CAHEW	15 GRM
WALNUTS	15 GRM
FLAX SEEDS	10 GRM
SESSAME SEEDS	10 GRM
DRY COCONUT	15 GRM
JAGGERY	80 GRM
PEANUT BUTTER	50 GRM
VANILLA ESSENCE	1 TSP
EDIBLE GUM	15 GRM
SALT	PINCH
GHEE	30 ML

12) ANTI GREY HAIR LADDU

BLACK SESSAME SEEDS	35 GRM
ALMONDS	15 GRM
CASHEW	15 GRM
FINGER MILLET FLOUR	70 GRM
FLAX SEEDS	40 GRM
PUMPKIN SEEDS	30 GRM
MORINGA POWDER	1 GRM
AMLA POWDER	3 GRM
DATES	50 GRM
JAGGERY	80 GRM
GHEE	50 ML
GINGER POWDER	1.5 GRM
EDIBLE GUM	15 GRM
SALT	PINCH
VANILLA ESSENCE	1 TSP

METHOD

DRY ROAST SEEDS, DO NOT OVER BROWN, KEEP ASIDE.

COARSELY GRIND NUTS.NOW PREPARE DATES PASTE OR JAGGERY PASTE.

MIX PASTE ALONG WITH NUTS& REMAINING INGREDIENTS.

MIX UNTIL COMBINED & FORM DOUGH CONSISTENCY.

SHAPE THE MIXTURE INTO DESIRED SHAPE.

ONCE FIRM STORE IT IN AIRTIGHT CONTAINER OR INTO THE GIFT BOX.

SHELF LIFE DAYS WITHOUT FRIDGE.