

Ultimate Ladoo Recipes Compilation

Traditional, Festive, and Wholesome Energy Ladoo Masterclass

1. Rava Ladoo

Aromatic Semolina Confection

Ingredients: Fine semolina (rava), powdered sugar, ghee, warm milk, cardamom powder, raisins, cashews.

Method: Roast semolina and chopped nuts in ghee on low heat until fragrant and light golden. Mix in powdered sugar and cardamom. Sprinkle warm milk gradually and shape into tight round ladoos while warm.

2. Coconut Ladoo (Naralache Ladoo)

Fragrant Fresh Coconut Delight

Ingredients: Freshly grated coconut, condensed milk (or sugar and milk), cardamom powder, ghee.

Method: Sauté grated coconut in a pan with ghee for 3-4 mins. Pour in condensed milk and stir continuously on low heat until the mixture leaves the sides of the pan. Add cardamom powder, cool slightly, and shape into neat ladoos.

3. Besan Ladoo

Classic Rich Chickpea Flour Sweet

Ingredients: Besan (gram flour), powdered sugar, generous ghee, cardamom powder, chopped nuts.

Method: Roast besan in ghee on low-to-medium heat, stirring constantly for 25-30 mins until it turns golden-brown and releases a nutty aroma. Allow it to cool slightly, mix in powdered sugar and cardamom, then shape into ladoos.

4. Motichoor Ladoo

Celebration Boondi Sweet

Ingredients: Besan, sugar, water, ghee for frying, saffron, rose water, melon seeds (magaz).

Method: Make a smooth pouring batter with besan and water. Fry tiny droplets (boondi) through a perforated ladle in warm ghee. Soak boondi in warm sugar syrup infused with saffron and rose water, add magaz seeds, and bind into sphere ladoos.

5. Dry Fruit Energy Ladoo

Sugar-Free Wholesome Power Ball

Ingredients: Soft dates, figs, almonds, cashews, walnuts, desiccated coconut, ghee, cardamom powder.

Method: Finely chop or pulse dates, figs, and nuts in a food processor. Sauté the mixture in ghee for 4-5 mins until bound together. Add cardamom powder, let cool to a handling temperature, and roll into nutrient-dense energy balls.