

Toasted Coconut Ladoo

Equipment

Measuring cups
Mortar and pestle
Large pan/skillet
Mixing spoon
Serving tray

Ingredients

1 ½ cups shredded coconut
1 cup full fat coconut cream
Seeds of 1 green cardamom pod (or use other flavours, vanilla or lemon)
1/3 cup of raw or coconut sugar
a pinch of salt

How TO MAKE IT:

- 1 Crush cardamom seeds in a mortar and pestle and set aside.
- 2 Dry toast the coconut in a skillet over medium low heat. Toast until most of the coconut is golden. 3 to 5 minutes. Stir occasionally to avoid burning.
- 3 Add coconut cream and cardamom, cook for 2 minutes.
- 4 Add sugar and salt, increase heat to medium and cook for 15 to 20 minutes, or until mixture completely absorbs the liquid and does not leak any moisture when squeezed or pressed.
- 5 Cool to room temperature, then shape into balls. Serve!

