

## **Desiccated Coconut Ladoo (Desiccated Coconut Truffles)**



- **Prep time – 5 mins**
- **Cooking time – 10 mins**
- **Calories per serving – approx. 70**
- **Servings – approx. 18-20**
- **Gluten free and vegetarian**

**Ladoos from India are the equivalent to what we call truffles in the west. Diwali is the time where family and friends come together to celebrate and there's a lot of food to go around. No festival or celebration in India is complete without a variety of these mouth-watering truffles.** The traditional taste of India with many of these goodie sweets are packed with calories due to many of the rich ingredients that are used.

But hey who said you can't have a good ladoo that is packed with a few healthy alternative options. So here is a quick fix 15-minute recipe with as little as two ingredients that can satisfy a craving for Indian sweets. These energy packed desiccated coconut truffles are equivalent to a quick fix energy ball and can even serve as a little guilt free (almost) sweet treat that you sneak in as a weekday treat

Traditionally in India, these are made with fresh milk, freshly grated coconut and a good dollop of Ghee (clarified butter). But bearing in mind both calorie & time crunch, this 15-minute recipe is a good fix.

This is a no fail recipe where you can even get the kids involved in having some fun with cooking.

### **Ingredients that you will need**

- 1 & ½ cups desiccated coconut (try getting the medium coarse desiccated coconut)
- ½ cup or 200 grams of condensed milk (you can use light condensed milk if you wish to)
- A pinch of cardamom powder (this is optional, or you can even swap with any other flavour of your choice)

### **And for a little bit of garnishing**

- 2 tsp chopped nuts (could be any of your choice)
- 2 tbsp desiccated coconut

### **What you will need to do**

1. Place the condensed milk and desiccated coconut in a pan and bring together on low heat while continuing to stir it continuously, give it couple of minutes and you will find the mixture turning hot and coming together to form a semi solid mix. If you feel the need to add 1-2 spoons more of desiccated coconut, go for it.
2. At this point you can add in the cardamom powder and nuts or any other flavourings that you choose to (this step is optional, and you can skip it if you do not wish to add any additional flavours)
3. Take the pan away from the heat and leave it to cool for couple of minutes.
4. Keep the additional desiccated coconut as suggested in the garnishing ready in a separate bowl.
5. Once the coconut and condensed milk mix has cooled down to a warm temperature that is comfortable to touch, then scoop small portions with a spoon and roll them in your palm to shape them like small truffle shaped balls (approx. size of a golf ball). Roll them immediately in the desiccated coconut that you have set aside, add final touches with a few pieces of chopped nuts and viola, they are ready!

You don't have to take my word for it, try them and you will find that they are so temptingly good that you may find it hard to resist diving in for the second one and more.

If your left with any, cool them at room temperature and they can be stored in an airtight container and refrigerated, these will hold good for you to enjoy for about a week.

### **There are quite a few variations that you can have to suit & tickle your own taste buds. You could try**

- Adding in a few spoons of cacao or cocoa powder – You can be as light or heavy handed with the coco powder depending how chocolatey you would like it to be
- Or even try dipping the original desiccated truffles in melted chocolate and sprinkle on some chopped nuts
- You could even substitute half the desiccated coconut with almond meal
- For a tropical twist, you can add in 2-3 spoons of pureed pineapple or mango

Enjoy!