

Gaund Ke Ladoo

Ingredients:

3 tbsp edible gum (gaund)

4 1/2 tbsp ghee

1 1/4 cups whole wheat flour (gehun ka atta)

1/2 cup powdered sugar

1/2 tsp cardamom (elaichi) powder

ghee for deep-frying



Instructions:

1. Heat 3½ tbsp of ghee in a broad non-stick pan, add the whole wheat flour and roast it over a medium flame for 6 minutes, while stirring continuously. Keep aside to cool completely.
2. Heat the ghee for deep-frying in a deep non-stick kadhai and deep-fry the gaund till the pieces puffs up. Drain on an absorbent paper and keep aside.
3. Combine the powdered sugar, fried gaund, cardamom powder, remaining 1 tbsp of ghee and roasted whole wheat flour in a deep bowl and mix well.
4. Divide the mixture into 15 portions and shape each portion into a round ball.
5. Serve or store in an air-tight container.

