



SAFFRON SPICED LADDU

Vata ↓↑, Pitta ↓, Kapha ↓↑

Makes: 20 to 25 cookies

Prep Time: 15 to 20 minutes

Cook Time: 10 minutes

INGREDIENTS

- 1 tablespoon shredded coconut, finely ground
- 1 tablespoon cashews, finely ground
- 3/4 cup ghee
- 2 cups chickpea flour (sometimes called besan or gram flour)
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cardamom
- 1/8 teaspoon ginger
- 1/8 teaspoon turmeric
- 1 teaspoon saffron (about 1/2 gram), freshly ground
- 1/2 cup maple syrup
- 1/2 cup shredded coconut, for topping
- 20 extra saffron stigmas, for topping (optional)

DIRECTIONS

1. Grind the cashews and the coconut in a spice grinder or blender and set aside until needed.
2. Place a deep sauté pan over medium heat and add in the ghee.
3. Once the ghee has melted completely, reduce the heat to a low-medium setting and stir in the chickpea flour.
4. Stirring the flour continuously, cook here for 7 minutes.
5. Add in the ground cashews and coconut. Stir these ingredients together until they are evenly blended. Continue to cook here for another 3 to 5 minutes or until the chickpea flour has become light brown in color and gives off a great aroma.
6. After the flour has been properly sautéed, place the batter into a large mixing bowl. Let it cool in the refrigerator for 5 minutes. The dough will be at a touchable temperature once it is ready.
7. Add in the cinnamon, cardamom, ginger, turmeric, ground saffron, and maple syrup. Stir well until the entire mixture is evenly blended.

8. Take a small amount of the dough and roll it into a ball (just smaller than the size of a golf ball). If the mixture is sticky, then try to wet your hands for a smoother roll. If the mixture is crumbly, more melted ghee or maple syrup can be added in very small increments.
9. Place these small balls onto a plate when they are finished.
10. Once the batter has been used up, place 1/2 cup of shredded coconut in a small bowl. Roll each ball into the coconut, coating them evenly around the entire surface and then place them onto a plate.
11. Once the cookies have all been covered, place an extra stigma of saffron onto each laddu (optional).
12. Before eating, let the laddus cool at room temperature for 1 to 2 hours, or place them into the refrigerator for 30 minutes. The finished cookie should not be sticky, gooey or fall apart, but firm with a creamy softness (similar to a truffle).
13. Enjoy these sweet laddus as a dessert, an energizing snack, or a mid-day pick-me-up. They are balancing for all bodytypes and are great during times of low energy, poor mood, or general depletion.
14. These cookies can be stored in an airtight container at room temperature for 7 days or in the refrigerator for 2 to 3 weeks.