# How to make Yummy Dates Cocoa Truffles Recipe




*Did you like this truffles ? Yesterday I made dates syrup at home, so I got some leftover date meat which has more fiber and nutrients in it..I don't want to waste that so my husband gave me this idea. Believe me, the taste was too good..They are quick to make, so sweet and tasty and easy to pop in your mouth one after the other! They are naturally delicious as they are – just dates, cocoa and coconut. Simply perfect! They come together in minutes. If you get sugar cravings, this is a best solution. Try this truffles and let me know your feedback.*

## Ingredients

1/2 Cup of Date Meat or Whole Dates
1/4 Cup of Sweetened Coconut Flakes
1 Tbsp of Cocoa Powder, I used Swiss Mix
1/4 Tsp of Vanilla Essence
Few Cashew Nuts
2 Tbsp of Dates Syrup




## Method

- Combine date meat, cocoa powder, vanilla extract and sweetened coconut flakes in a bowl. Use your hands and roll the mixture into a round balls. Add a tablespoon of milk or water if it does not blend well.

- Garnish with cashews and top it up with a spoonful of dates syrup. Yummy !!!




## Tips

- You can use fresh dates or leftover date meat.
- You can add honey or sugar or agave or condensed milk for extra rich and sweet taste.
- Garnish it with cashews or walnuts or almonds.
- Also try my dates syrup recipe




## Health Benefits of Dates

- High in Iron content and Florine
- Rich in vitamins and minerals and dietary fiber which prevents LDL cholesterol absorption from the gut..
- They are great energy boosters as they contains sucrose, fructose and Glucose. To get more advantage, add dates to the milk, to make it more nutritious.
- Cures abdominal cancer and constipation.
- It helps in weight gain.
- Good for heart, brain and nervous system.
- Treats anemia.




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# Homemade Dates Syrup Recipe




*A dry fruit date each day does miracle to body of a human. Besides nutritional benefits, it provides an instant energy and controls food cravings. When I was a kid, I remember my mom used to give milk with lion dates syrup before going to bed. That gives an instant energy, also helps me to do my home work faster. I have some dry dates which I bought few months back, sitting in corner of my pantry. So I was thinking of making homemade dates syrup.*

*Homemade date syrup recipe is simple, tastes absolutely yummy and lip smacking. To make homemade date syrup, you simply simmer dates and water together until dates turns soft, strain it with a cheese cloth and then simmer the date water to thicken. Done !! It tastes like "HONEY". You can use homemade date syrup as a sweetener in oat meal, tea , smoothies or sprinkle at the top of ice cream, cereal, pan cakes, cakes or pudding. Date syrup are good for kids and adults.*

***No preservative !! No sugar added !!!!! Healthy Sweetener !!!***
***Try this recipe and enjoy !!!!!!!!***




## Ingredients

- 1 Cup (35) Dates, Well Packed, I used Tunisia Seedless dates
- 1.5 Cups of Water

## Method

- Heat a pan with water , add dates, bring to boil.  Cover it and simmer it for 45 mins in a low flame until dates becomes soft. Mash it with a masher and then allow to cool it.




- After that, strain it using cheese cloth or any plain cloth or muslin cloth works good.
- Squeeze well and extract the juice as much you can. Add 2 Tbsp of water and then squeeze it again.




- Once you done that, filter it and bring the juice back to the stove and heat it in a medium flame and wait until you get the thick consistency. Keep stirring in between in order to prevent the burning at the bottom.
- This takes about 12 mins to thick. At this stage, you can see white curdles and frothy, take a spoonful of syrup, feel it with your thumb and fore finger, somewhat thick and gooey. Turn off the flame. Let it cool for sometime.




- **Transfer it to a clean air tight bottle and name it along with a date and refrigerate  it.**




## Tips

- Do not do it in a high flame, always do it in a medium or low flame.
- Use the leftover pulp to make yummy cocoa coconut truffles.
- Store it in a clean airtight bottle to avoid contamination.
- You can substitute dates syrup from baking to smoothies to a cup of tea.

- **You can add any following ingredients to change the flavor**

1. **Cinnamon**
2. **Cardamom**
3. **Ginger**
4. **Vanilla**

## Health Benefits of Dates Syrup

- **High in Iron content and Florine**
- **Rich in vitamins and minerals and dietary fiber which prevents LDL cholesterol absorption from the gut..**
- **They are great energy boosters as they contains sucrose, fructose and Glucose. To get more advantage, add dates to the milk, to make it more nutritious.**
- **Cures abdominal cancer and constipation.**
- **It helps in weight gain.**
- **Good for heart, brain and nervous system.**
- **Treats anemia.**




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# Ulundhu Kali / Uluntangali / Urad Dal Halwa – South Indian Recipe




***Ulundhu Kali / Uluntangali is a South Indian traditional delight. This traditional sweet is specially given to teen girls when they attain puberty mainly because as it strengthens the pelvic bones and muscles. This sweet is made of super nutritious ingredients like urad dal (Protein), palm jaggery(Iron) and gingelly oil (Vitamin E). You can have this healthy and nutritional dish for breakfast or as snacks. Good for adults and kids.***

**Ingredients**

**3/4 Cup of Urad Dal (White)**
**1 and 1/4 Cup of Palm Jaggery**
**1/4 Cup  of Gingelly Oil**
**Pinch of Salt**

1/2 Cup of water or as needed

## Method

- Grate the palm jaggery and keep it aside.
- Dry roast the urad dal lightly, let it cool for sometime.
- In a pan, heat the water, after it boils, add the palm jaggery , let it be in the flame until jaggery melts and stir it occasionally. Once it done, turn off the flame





- Powdered the urad dal finely or rava consistency using mixie or spice grinder.
- Using tea strainer, strain the jaggery syrup to get rid of impurities.






- In a medium flame, add the Jaggery syrup to the same pan, add a pinch of salt, bring it to a boil, add urad

dal powder little by little and stir well to avoid lumps.

- Add oil little by little and keep on stirring until the mixture leaves the sides of a pan.




- Serve hot or cold with a tsp of ghee. Make a small balls, in the center, add a tsp of ghee. Sorry I didn’t use ghee in my recipe.




## Tips

- Adjust sweetness according to your taste buds.
- For sweetness, you can use yellow jaggery (Vellam) from sugarcane or Palm Jaggery (Karuppatti) from palm .
- Adding ghee gives you a rich taste.
- Addition of cardamom powder or coconut is optional.
- Always use gingelly oil for a authentic South Indian taste. Otherwise you can do full recipe with ghee.
- Try to avoid lumps while mixing.
- Adding a pinch of salt enhances sweetness.
- If you want more like a halwa padham, then you should add more ghee and oil.

## Health Benefits of Urad Dal

“Best medicine for back ache ”

## Urad Dal

- Urad dal provides energy to the body.
- Rich in protein.
- Enhances digestion because of high in fiber content.
- Boost heart health because of high in magnesium level.

## Palm Jaggery

Ability to cleanse your body, act as a digestive agent, sweeten your food in a healthy manner and provides a good amount of minerals.

