Easy Peanut Ladoo Recipe / Peanut Jaggery Laddu



Easy Peanut Ladoo Recipe / Peanut Jaggery Laddu / Peanut coconut laddo is a healthy delish that can be made very quickly with just 5 ingredients. You can make this ladoo for kids as after school snacks or during festival occasions like

diwali or any occasions. I used dry roasted peanuts, if you have raw peanuts, dry roast it before making ladoo. Every bite of ladoo is very soft and scrumptious. My husband loves peanuts, so I made it for him. In this ladoo, jaggery adds a sweet note, cardamom for flavor, coconut and ghee for taste. Even a diabetic people can eat this ladoo in moderation as peanut are low in glycemic index. Foods with low glycemic index do not trigger a spike in blood glucose. Try this easy ladoo for diwali and let me know friends how it turned out for you.

Check my other ladoo recipes

1. Rava ladoo
2. Sesame ladoo
3. Ragi Almond Ladoo
4. Aval Ladoo / Poha Ladoo



How to make easy peanut ladoo recipe

5.0 from 1 reviews
Easy Peanut Ladoo Recipe / Peanut Jaggery Laddu



Save Print
Prep time
5 mins
Cook time
2 mins
Total time
7 mins

Easy Peanut Ladoo Recipe / Peanut Jaggery Laddu is a healthy delish that can be made very quickly with just 5 ingredients. You can make this ladoo for snacks for kids or festival occasions like diwali.
Author: Gayathri Ramanan
Recipe type: sweets
Cuisine: Indian
Serves: 6
Ingredients

- ½ Cup of Peanut (Dry Roasted)
- ¼ Cup of Coconut (Frozen)
- ¼ Cup + 2 Tbsp of Jaggery
- 2 Green Cardamom, Crushed
- Pinch of Salt
- 1 Tsp of Ghee

Instructions

1. In a mixie jar, add all the ingredients except ghee and grind everything together..
2. Heat a pan with little ghee, add the ground mixture, saute it for a 2 mins in a medium low flame and turn it off. Allow it cool for few mins.

3. Make into a balls or any desired shape.
4. Delicious peanut jaggery ladoo is ready to serve.

Notes
Here I used roasted peanuts, if you have raw peanuts, dry roast or oil roast it and then use.
If you don’t like jaggery taste, replace it with white sugar.
For variations, you can use palm jaggery or brown sugar or honey or agave for sweetness.
If you are allergic to coconut, avoid it.
Adding a pinch of salt to enhance the sweet taste.
You can also add any nuts to this ladoo. Since peanut is a nut, I didn’t add any nuts.



Tags: easy peanut ladoo recipe, peanut ladoo, ladoo recipe, peanut laddu, peanut jaggery ladoo, peanut coconut ladoo, how to make peanut ladoo recipe, prepare peanut laddu, verkadalai ladoo, groundnut ladoo, ladoo recipe for diwali, healthy diwali sweets., diabetic sweets for diwali, easy sweets for beginers

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Bakery Style Thengai Bun Recipe / How to make Coconut Bun



Time is flying, I can’t believe that my blog FoodyBuddy (My best friend) turned 3 today….Happy Birthday FoodyBuddy □ □ □

I sincerely thank all my fellow bloggers, friends, foodies, casual visitors, family members and critiques as I progress in this virtual world of blogging …This certainly has enriched my life, added color and has certainly given me something useful to share back with the community . Besides sharing my recipes in 3 years of blogging, I have also learnt a lot in cooking

techniques, learned many cuisines and I am trying to improve my food photography and presentation skills too Finally it is certainly a feeling of joy and satisfaction to learn that the recipes you share is appreciated by folks from the far corners of the world and I do want to thank my husband, my parents and my brother for their constant support and appreciation …In this 3 years of blogging, am almost nearing to 500th post, won prizes and I want to thank kumudham Snegithi and Deccan chronicle for featuring my recipes this year.. Thank you everyone

To enjoy this beautiful day I have posted Bakery style Thengai bun recipe / Coconut bun which is a Indian delicacy that I got introduced to as I grew up in southern India (Coimbatore). This bun is one of my favourite recipes close to my heart and it evokes nostalgic feelings of eating coconut bun in late evenings as dusk sets in . The aroma of coconut bun hot from the bakery makes my mouth salivate and eating fresh, hot bun filled with coconut flakes, sugar, tutti frutti and nuts takes one immediately to a happy place that I still cherish. Coconut bun goes well with tea (black or green) and I just want to share this recipe with everyone as it is very simple to make and also delicious.



Recipe Source: Amuthiskitchen

How to make Bakery style Thengai bun Recipe / Coconut bun picture tutorial



Bakery Style Thengai Bun Recipe / How to make Thengai Bun



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Prep time

1 hour 30 mins

Cook time
25 mins
Total time
1 hour 55 mins

Bakery Style Thengai Bun Recipe / Coconut Bun / Dilkush is
Author: Gayathri Ramanan
Recipe type: baking
Cuisine: Indian
Serves: 6
Ingredients

- 1 Cup of All Purpose Flour (maida)
- ¼ Cup of Whole Wheat Flour
- 5 Tsp of Sugar
- 1 Tsp of Instant Yeast (see notes)
- ½ Cup of Warm Milk (see notes)
- 2 Tbsp of Water
- 3 Tsp of Oil
- 2 Tsp of Butter / Ghee
- Pinch of Baking Powder
- For Filling
- ½ Cup of Sweetened Coconut Flakes (see notes)
- 7 Tsp of Sugar
- ½ Cup of Tuttti Frutti (see notes)
- 10 Roasted Cashews
- 2 Pinches of Cardamom Powder
- 3 Tsp of Ghee / Butter

Instructions

1. In a bowl, add all purpose flour, wheat flour, sugar, oil, instant yeast and baking powder. Mix well with a fork.
2. Add warm milk, water and butter. Mix well and start kneading to form sticky dough.
3. Cover the bowl with a towel and allow it to raise for 45 mins.
4. For the stuffing, take a bowl, add coconut flakes,

sugar, tutti frutti, cashews, cardamom powder and ghee. Mix everything well. You stuffing is ready.

5. Now divide the dough into two equal parts.
6. Grease the baking pan with ghee (clarified butter), roll / pat the one part of the dough into 8″ circle and place it into baking pan.
7. Spread the stuffing evenly throughout the dough.
8. Roll the other part of the dough into 8″ circle and cover the stuffing. Seal the edges completely.
9. Allow this for second rise for 30 mins. Meanwhile preheat the oven to 375 F.
10. After 30 mins, brush the dough with ghee (butter) and bake it for 25 mins until the crust turns golden brown.
11. After you take out the bun from the oven, brush it with ghee and cool it for few mins.
12. Cut into desired slices and enjoy.
13. Hot, yummy coconut bun is ready to serve with tea.

Notes

Here I used sweetened coconut flakes. If you don’t have that. Use regular grated coconut, toast it in a medium flame and add extra sugar.

I used roasted cashews. If it is not available for you. Roast the cashews in ghee and add it to the stuffing.

I used instant yeast, if you don’t have that. You can use any kind of yeast but proofing of yeast is must so add the yeast in warm milk for 5 mins and then add it to the flour.

Tutti frutti adds crunchy taste. If it is not available for you. Add lot of nuts and raisins.

Always add warm milk. Raw milk might kill the yeast.

Do not skip cardamom, as it adds nice flavor to the stuffing.



Tags: thengai bun, thengai bun recipe, bakery style thengai bun recipe, coconut stuffed bun, dilkush bun recipe, coconut stuffed tutti frutti bun, how to make thengai bun at home, how to make coconut bun, coconut stuffed bun, prepare thengai bun, eggless thengai bun, eggless coconut bun, eggless baking, bun recipe, thengai bun seivadhu epadi, thengai bun bakery style, coconut bun bakery style

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Peanut Coconut Kozhukattai

Recipe / Easy Sweet Kollukattai



Peanut Coconut Kozhukattai Recipe / Verkadalai Kozhukattai is a healthy and yummy kozhukattai with peanut, coconut and jaggery filling. Making this kolukattai at home is simple. If

you don’t like jaggery, replace it with sugar for filling. My husband loves peanut, so I tried this kollukattai few days back. If you are a peanut lover, you will absolutely love this kozhukattai. Try this easy, tasty kolukattai for coming vinayagar chaturthi.

Also try my 10 tasty kozhukattai (modak)recipes for ganesh chaturthi

1. Sesame Seeds (Ellu) Kozhukattai
2. Coconut Jaggery Kozhukattai
3. Pancha Khadya Modak
4. Sprouted Green Gram Kozhukattai
5. Aval Kara Kozhukattai
6. Sweet Aval Pidi Kozhukattai
7. Paal Kozhukattai
8. Chocolate Coconut Modak
9. Mani Kozhukattai(kara kozhukattai)
10. Red Rice Kara Kozhukattai
11. Red Rice Sweet Kozhukattai

How to make Peanut Coconut Kozhukattai Recipe

Peanut Coconut Kozhukattai Recipe / Easy Kozhukattai Recipe



Save Print

Prep time
25 mins
Cook time
10 mins
Total time
35 mins

Peanut Coconut Kozhukattai Recipe / Verkadalai Kozhukattai is a yummy kozhukattai with peanut, coconut and jaggery filling. Try this easy, tasty kolukattai for coming vinayagar chaturthi.

Author: Gayathri Ramanan
Recipe type: sweets
Cuisine: Indian
Serves: 12

Ingredients

- For outer covering
- 1 cup of rice flour
- Water as required
- Salt to taste
- 1 tsp of ghee / oil
- For filling
- ½ cup of roasted peanuts
- ¼ cup of coconut
- ¼ cup + 2 tbsp of jaggery
- 2 cardamom, crushed
- Pinch of salt

Instructions

1. In a pan, roast the coconut in a medium flame and keep it aside.
2. In a mixie, add roasted peanuts, roasted coconut, jaggery, cardamom and salt. Grind everything together. Make equally sized balls out of the mixture.
3. For the outer covering dough, bring the water to boil along with ghee. In a bowl, add rice flour and salt, add water slowly and keep mixing with spatula.
4. Let it cool it for 2 mins, it will be warm by now, start kneading to form a smooth dough. Keep covered to prevent from drying.
5. Make a equally sized balls out of the dough. Grease your hand with oil, take a ball and flatten it with your hand. Place the peanut ball in the centre. Fold it and seal it in the centre. Repeat the same process for the rest of the dough.
6. Steam the kozhukatta in a idly pan or steamer for 10 mins.
7. Peanut cococnut kozhukattai is ready to serve.

Notes
Here I used roasted peanuts. If you don’t have that. Dry roast the peanuts separately in a pan.
Add sugar, if don’t like jaggery.
Adding a pinch of salt enhances sweetness.



Tags: verkadalai kozhukattai, Peanut Coconut Kozhukattai Recipe, Easy Kozhukattai Recipe, kollukattai recipes, sweet kozhukattai recipes, peanut sweet kollukattai recipe, peanut kollukattai, how to make peanut coconut kozhukattai at home, ganesh chaturthirecipes, vinayagar chaturthi recipes. pillaiyar chaturthi recipes, vinayagar chaturthi tamil recipes 2015