

Pasiparuppu Laddu Recipe / Moong Dal Ladoo Recipe



Pasiparuppu laddu Recipe / Moong Dal Ka Ladoo recipe / Nei urundai is an easy, protein rich, healthy diwali sweet (2015) that you can make it very quickly. You can also make this laddoo with green moong dal (pachaipayar) too. For sweetness, you can add either sugar or jaggery or honey, thats your choice. But here I used powdered sugar. Ghee gives a nice and wonderful taste to this laddoo, also helps in binding. Cardamom adds a flavor and nuts adds nice crunch taste. Try this easy laddoo for diwali, when you bite, it just melts in your mouth. So add it to your to do list for diwali, this moong dal laddoo is good for both kids and adults.

How to make Pasiparuppu Laddu

Recipe

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Prep time

10 mins

Cook time

10 mins

Total time

20 mins

PasiParuppu Laddu Recipe / Moong Dal Ladoo Recipe is an easy, protein rich, basic and yummy laddoo, you can prepare it for diwali 2015. good for both kids and adults.

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Recipe type: sweets

Cuisine: Indian

Serves: 15

Ingredients

- 1 Cup of Yellow Moong Dal
- 1 Cup of Powdered Sugar
- $\frac{1}{3}$ Cup of Ghee (Clarified Butter)
- 3 Cardamom, Crushed
- Pinch of Salt
- Few Cashew Nuts

Instructions

1. In a pan, in a medium flame, dry roast the moong dal until it turns light brown colour. Let it cool down for

10 mins and grind it in a blender (mixie) to a fine powder. you can also sieve it, if you want. Then transfer it to a big bowl.

2. In a blender (mixie), add sugar and cardamom, grind it to a fine powder. Transfer this to a same bowl.
3. Heat a pan with a tsp of ghee, roast the cashews until it turns golden brown color. Transfer this to a same bowl.
4. Melts the remaining ghee in a pan and transfer this to a same bowl. Mix everything together in hand or you can add little by little.
5. If it is hot, wait until you can handle the heat and start making laddu when it is warm.
6. Let it cool down completely and store it in an airtight container.
7. Yummy laddo is ready to eat.

Notes

Do not burn the dal while roasting. Always roast in a medium flame.

You can also use green moong dal in place of yellow moong dal. Always add melted ghee and it has to be warm, so that shaping laddoo will be easy.

You can add any nuts of your choice like walnuts or almonds or even raisins.

Adjust the amount of sugar as per to your taste.

Add powdered jaggery instead of sugar for mild taste.



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