Ellu Urundai / Sesame Seeds Ladoo / Til Ladoo



Ellu Urundai Recipe / Sesame Seeds ladoo / Til Ladoo is a simple, traditional and tasty sweet popular in both North and South India. They are made with just 3 ingredients, they are sesame seeds, jaggery and salt. Sesame ladoo is a quick to make sweet ready in just 10 mins. These ladoos are rich in Iron and calcium, so they are great snacks for kids. Also you can make this ladoo during festival occasions like Vinayagar chaturthi or Diwali or any occasion. You can use this ellu urundai as pooranam (stuffing) while making kozhukattai. Try this ellu urundai recipe at home and let me know how it turned out.


Sesame Seeds
Ladoo
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Ingredients for Ellu Urundai

Preparation Time: 5 mins Cooking Time: 5 mins Serves: 5 ladoo

- 1/3 Cup of Ellu (Sesame Seeds /Til)
- 1/3 Cup of Jaggery
- Pinch of Salt

Method for Ellu Urundai

- Heat a pan, dry roast the sesame seeds until it starts crackling. Remove and keep it aside.
- In a mixie, add ellu, powdered jaggery and salt, grind until everything is well combined . Remove and make lemon size balls.
- Yummy sesame ladoo is ready to serve.

Tips

- You can use white sesame seeds instead of black.
- You can add ghee while making ladoo.
- If you have jaggery, make balls with sugar or honey.
- Adding salt enhances the sweet taste of ladoo.



Tags: ellu urundai, ellu urundai recipe, sesame seeds ladoo, sesame ladoo recipe, til ke ladoo, make ellu urundai at home, prepare sesame seeds ladoo, ellu recipe, ellu urundai for vinayagar chaturthi, easy ladoo recipe, til ladoo,