

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 laddo 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 laddoo recipe

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Easy Peanut Ladoo Recipe / Peanut Jaggery Laddu



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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

- $\frac{1}{2}$ Cup of Peanut (Dry Roasted)
- $\frac{1}{4}$ Cup of Coconut (Frozen)
- $\frac{1}{4}$ 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.



Peanut Coconut Ladoo

Tags: [easy peanut laddoo recipe](#), [peanut laddoo](#), [laddoo recipe](#), [peanut laddu](#), [peanut jaggery laddoo](#), [peanut coconut laddoo](#), [how to make peanut laddoo recipe](#), [prepare peanut laddu](#), [verkadalai laddoo](#), [groundnut laddoo](#), [laddoo recipe for diwali](#), [healthy diwali sweets.](#), [diabetic sweets for diwali](#), [easy sweets for beginners](#)

[Green Peas Sundal Recipe / Pachai Pattani Sundal](#)



Green Peas Sundal Recipe / Pachai Pattani Sundal is a healthy, protein rich snack good for kids and adults. You can try any pulses like kollu(Horse gram), mochai (field beans), rajma (red kidney beans) or kondakadalai (chickpeas) by following this sundal recipe. Allready I have posted few sundal recipes like [kondakadalai sundal](#), [Sprouted Navadhanya sundal](#) and [peanut sundal](#) Here in this recipe, I used frozen green peas. You can also use fresh green peas, if you get. Try this easy sundal recipe for navarathiri.

How to make green peas sundal recipe

Green Peas Sundal Recipe / Pachai Pattani Sundal



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Prep time

3 mins

Cook time

10 mins

Total time

13 mins

Green Peas Sundal Recipe / Pachai Pattani Sundal is a healthy and delicious snacks that can be made in few mins. Great for kids and adults as snacks or for navarathiri occasion.

Author: Gayathri Ramanan

Recipe type: snacks

Cuisine: indian

Serves: 2

Ingredients

- $\frac{2}{3}$ Cup of Green Peas (Pachai Pattani) – Frozen
- 2 Tbsp of Freshly grated coconut
- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Pinch of Asafoetida
- 2 Red Chilly
- Few Curry Leaves
- $\frac{1}{4}$ Tsp of Turmeric Powder
- $\frac{1}{4}$ Tsp of Red Chilly Powder
- Salt to taste
- $\frac{1}{4}$ cup of Water

Instructions

1. Wash the green peas and keep it aside.
2. Heat a pan with oil, when it is hot, add red chilly, after it changes color, add mustard seeds, urad dal, asafoetida and curry leaves, after it pops up add green peas and salt, fry well for secs.
3. Add turmeric powder, red chilly powder, fry well for a min.
4. Add water, cover and cook it for 5 mins.
5. Finally add coconut, mix well and turn off the flame.
6. Hot, delicious green peas sundal is ready to eat.

Notes

You can replace with any pulses by following the same recipe. If you don't want coconut, you can avoid it. If you like green chilly, add it and avoid red chilly powder. Do not avoid red chilly that gives a nice flavor.



Tags: [green peas sundal recipe](#), [pachai pattani sundal](#), [how to make pachai pattani sundal](#), [how to prepare sundal recipe for navarathiri](#), [easy navarathiri recipes](#), [sundal recipes](#)

[Chow Chow Mor Kulambu Recipe](#) [/ How to make More Kuzhambu](#)



Mor means buttermilk and Kulambu means curry in tamil. Chow Chow mor kulambu recipe is a yummy, quick to make, traditional south Indian curry made with yogurt (curd) and coconut. Here in this recipe, I used chow chow (chayote squash), you can use any vegetables of your choice like okra (vendakkai), bottle gourd (sorakkai), vellai possanikkai (ash gourd) or vadai ([urad dal vada](#), masala vada or [vazhaipoo vadai](#)). This post was in my draft for long time, actually my mom made this mor kulambu when I was in my home last year. More kuzhambu tastes great with rice and [potato masiyal](#) or [potato fry](#) or [beans usili](#) or [eggplant fry](#).

Chow Chow Mor Kulambu Recipe / How to make More Kuzhambu



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Prep time

30 mins

Cook time

12 mins

Total time

42 mins

Chow Chow mor kulambu recipe is a yummy, instant traditional south Indian curry made with yogurt and coconut. It tastes great with rice and potato masiyal or beans usili or eggplant fry

Author: Gayathri Ramanan

Recipe type: lunch

Cuisine: Indian

Serves: 4

Ingredients

- 2 Cups of Thick Curd
- $\frac{1}{2}$ Tsp of Turmeric Powder
- 1 Onion (Red)
- 1 Tomato (Small)
- Salt to taste
- Water as required
- 1 Chow Chow (Chayote Squash)
- To Grind
- 2 Tbsp of Freshly Grated Coconut
- 1 Inch of Ginger
- 4 Small Garlic
- 2 Green Chilly (Big)
- 1 Tsp of Cumin

- $\frac{1}{2}$ Tsp of Coriander (dhaniya)
- To Soak
- 1 Tbsp of Rice
- 1 Tbsp of Toor Dal
- To Temper
- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Pinch of Asafoetida
- 2 Red Chilly
- Few Curry Leaves

Instructions

1. In a bowl of water, soak both rice and toor dal for 20 mins.
2. In a blender (mixie) jar, add all the ingredients mentioned under "to grind" list and add rice, dal and water, grind it to a smooth paste.
3. Heat a pan with water, boil the vegetable (chow chow) until it turns soft.
4. Blend the curd in mixie (blender) to get smooth, runny consistency.
5. In a bowl, add curd, turmeric powder, salt, ground paste, water, whisk well and add boiled chow chow (chayote squash). Mix well.
6. Heat a pan, add all the ingredients listed under "to temper" after mustard seeds pops up, add onion, fry until it turns golden brown. Add tomato, fry till soft.
7. Add curd mixture, mix everything well and in a medium flame, heat it until it raise and frothy. DO NOT BOIL. Turn it off.
8. Hot mor kulambu tastes great with rice and potato fry.

Notes

Use slightly sour curd so it tastes good.

Add any vegetables of your choice.

Do not allow it to boil the kulambu. Turn it off after it turns frothy.

Use fresh or frozen coconut. Don't use dry dessicated coconut.



Tags: [mor kulambu](#), [mor kulambu recipe](#), [mor kulambu recipe in tamil](#), [how to make mor kulambu recipe](#), [prepare mor kulambu recipe](#), [chow chow mor kulambu recipe](#), [buttermilk kulambu](#), [more kuzhambu recipe](#), [Instant kulambu recipe](#), [south indian curry](#), [easy kulambu recipe for beginner](#), [lunch recipe](#), [bachelor kulambu recipe](#)