

Beetroot Halwa Recipe / How to make Beetroot Halwa



Beetroot Halwa Recipe is a wonderful dessert loved by everyone prepared during all occasions like wedding, diwali or new year. This is easy and quick to make diwali sweet you can made in 30 mins made with beetroot, milk, sugar and nuts. This beetroot halwa has got beautiful magenta colour and wonderful taste. You should try this for coming diwali and let me know how it turned out. also check my [carrot halwa in stovetop](#) and

[microwave gajar halwa](#)

How to make Beetroot Halwa Recipe

Beetroot Halwa Recipe / How to make Beetroot Halwa



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Prep time

15 mins

Cook time

30 mins

Total time

45 mins

Beetroot Halwa Recipe is a wonderful dessert loved by everyone prepared during all occasions like wedding, diwali or new year. serve with ice cream

Author: Gayathri Ramanan

Recipe type: sweets

Cuisine: Indian

Serves: 2

Ingredients

- 1 Cup of Beetroot (Grated)
- 1 Cup of Milk
- $\frac{1}{4}$ cup of Water
- $\frac{1}{3}$ Cup of Sugar
- 3 Cardamom

- Pinch of Salt
- Few Cashews (6)
- Few Roasted Almonds (3)
- Few Raisins
- 4 Tbsp of Ghee

Instructions

1. Wash and grate the beetroot.
2. Heat a pan with ghee, add cashews and raisins, roast it until it turns golden brown.
3. Heat a pan with ghee, saute the beetroot until raw smell vanishes.
4. Add milk and water, cook the beetroot on low flame, stir in between. Cook till the beetroot becomes soft and milk evaporates.
5. Add sugar and cook till sugar dissolves. Mix well with beetroot.
6. Add crushed cardamom, salt and stir it for few more secs.
7. Finally add nuts and ghee, mix it really well and turn it off.
8. Serve hot or warm.

Notes

You can use any nuts of your choice.

Adding ghee and milk gives richness to halwa.

Adjust sugar to your taste.

Use almond milk or coconut milk for vegan version.



Tags: [beetroot halwa](#), [beetroot halwa recipe](#), [how to make beetroot halwa recipe](#), [prepare beetroot halwa at home](#), [halwa with beetroot recipe](#), [easy diwali sweet](#), [halwa recipe for diwali](#), [kids recipe for diwali](#)

[Easy Munthiri Koothu Recipe / Mundhiri Kothu / Traditional Diwali Sweet](#)



Easy Munthiri Koothu Recipe / Mundhirikothu / Green gram jaggery balls is a healthy, traditional south Indian Diwali sweet particularly famous in kanyakumari, tirunelveli and kerala. They are made with green moong dal, jaggery and coconut for inner filling, rice flour batter for outer covering. This sweet is very similar to another South Indian delicacy called suzhiyam (sugiyam), where cooked channa dal is used and they are soft in texture when you bite. But here in this recipe, roasted green dal is used for filling and it is little hard in texture and when you bite, they are really tasty. I never knew about this sweet and tasted before, when

I was talking to my father the other day, he told that his grandma used to make mundiri kothu for diwali. I asked my father, is it made with cashews (mundiri) ? He told it was made with green gram dal. I am not sure about the true meaning of munthirikoothu eventhough it is not made with cashews, so when I did google search, many says it means bunch of grapes in malayalam. Since this sweet is famous in tirunelveli district too, I asked one of my tirunelveli friend Ranjitha for Mundhirikothu recipe, she asked her mom and got the recipe for me. Thank you Ranjitha. You can make this mundirikothu during festival time like diwali or as evening tea time snack.

How to make Easy Munthiri Koothu Recipe



Munthiri Koothu Recipe / Mundhiri Kothu / Traditional Diwali Sweet



Green Gram

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Prep time

15 mins

Cook time

30 mins

Total time

45 mins

Easy Munthiri Koothu Recipe / Mundhirikothu / Green gram jaggery balls is a healthy, traditional south Indian Diwali sweet .

Author: Gayathri Ramanan

Recipe type: sweets

Cuisine: Indian

Serves: 9

Ingredients

- Inner Filling
- $\frac{1}{4}$ Cup of Green Moong Dal
- $\frac{1}{4}$ Cup + 1 Tbsp of Jaggery
- $\frac{1}{4}$ Cup of Coconut
- 1 Tbsp of Sesame Seeds
- Pinch of Salt
- Pinch of Dry Ginger Powder (optional)
- 2 Cardamom
- Outer Cover
- $\frac{1}{3}$ Cup of Rice Flour (store-bought)
- Water as required
- Pinch of Turmeric Powder
- Salt as needed

Instructions

1. Heat a pan, dry roast the green moong dal for 8 -10 mins in a medium flame, stir continuously until they turn golden brown colour. Transfer this to a plate and allow it to cool.
2. In the same pan, add sesame seeds, roast it till you hear crackle sound and changed to golden brown colour. Transfer it to another plate.
3. Heat the same pan, add jaggery and water, allow it boil until it completely dissolves. Strain it to remove impurities and transfer it to the same pan, let it boil for 6 mins in a medium heat, finally add coconut, dry ginger powder and cardamom, stir everything well. Transfer it to a bowl.

4. Now take a blender and add roasted green gram dal, grind it little coarsely, it should look like semolina.
5. Transfer this to a coconut-jaggery bowl, add roasted sesame seeds and salt, mix everything together.
6. Make equally sized balls out of the mixture and leave it aside for 30 mins. You can also keep it for 1-3 hours for setting. Now the balls are little hard, don't worry they are supposed to be.
7. For outer cover, add rice flour, turmeric powder, salt and water, mix everything well. The batter should be in dosa batter consistency.
8. Meanwhile heat a pan with oil to deep fry, dip the moong balls in this rice batter, make sure the balls covers well with batter and gently put this oil, deep fry cook both sides until it turns golden colour. Repeat the same process for the rest of the balls.
9. Hot, delicious mundhirikothu is ready for diwali.

Notes

I didn't wash the dal, if you want, you can wash it, dry it and then roast it.

Always fry it in a medium flame.

Adjust the amount of jaggery according to your taste.

store it in an airtight container and keep it for a weeks.

For outer covering, you can use homemade rice flour or store bought rice flour or maida.

Adding dry ginger powder for easy digestion. if dont want, avoid it.



Green Gram Jaggery Balls

Tags: [mundhirikoothu](#), [mundhirikoothu recipe](#), [how to make mundhiri koothu recipe](#) [prepare mundhirikoothu](#), [munthiri kothu recipe](#), [south Indian traditional sweet recipe](#), [healthy sweet recipe](#), [diabetic sweet recipe](#), [diwali sweet recipe 2015](#), [Indian dessert](#), [kerala sweet recipe](#),

[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

PasiParuppu Laddu Recipe / Moong Dal Ladoo 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.

Author: Gayathri Ramanan

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

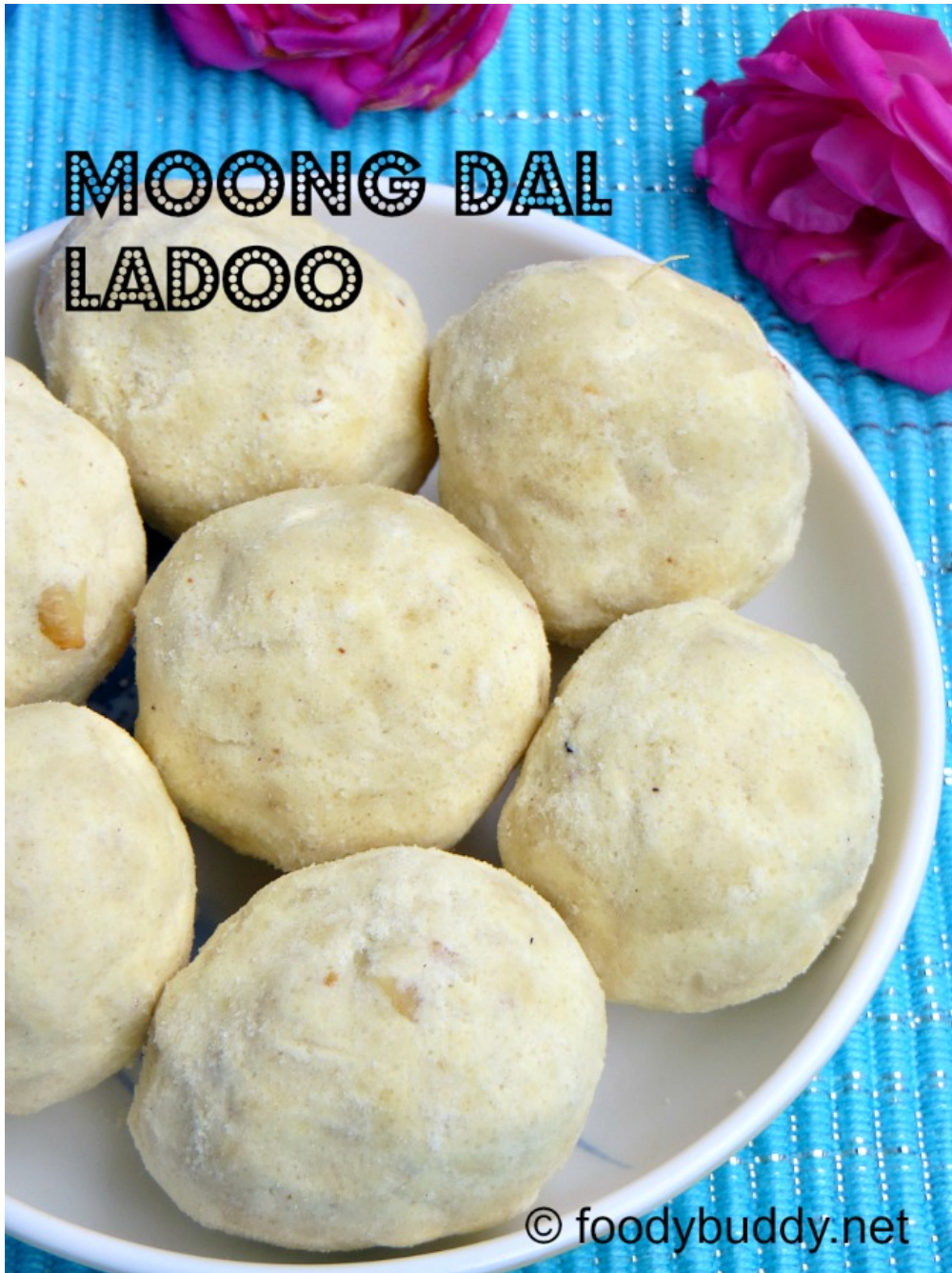
Do not burn the dal while roasting. Always roast in a medium flame.

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.



Tags: [pasiparuppu laddu](#) , [pasiparuppu laddu recipe](#), [moong dal laddoo](#), [moong dal laddoo recipe](#), [nei urundai recipe](#), [how to make pasiparuppu laddu](#), [prepare moong dal laddoo recipe](#), [easy diwali sweet recipe 2015](#), [laddoo recipe for diwali](#), [pasiparuppu urundai](#), [payanthamparuppu urundai](#), [quick diwali recipes](#), [healthy diwlai recipes for kids](#).