*Sugar Free Healthy Recipes*

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**Dry Fruit Ladoo with Oats and Chia Seed**

Dry fruit ladoo is an easy and healthy snack with oats, dates, almonds and chia seeds. It is simple to make in just a few mins.

**Ingredients (serving 4)**

* 10 pc Medjool Dates
* 1 cup Oats
* 30 pc Roasted Almonds
* 2 tbsp Chia Seeds

**Method**

1. Dry roast the oats over a medium flame for 5 to 6 minutes until nice nutty aroma comes out.
2. In a blender or food processor, grind the oats and almonds coarsely.
3. Add chia seeds, pitted dates and blend again until the dates blended to a smooth paste. Transfer to a bowl and knead to a smooth dough. Divide into small portions and shape them into small balls. Dry fruit ladoo is ready to serve.

**Oats Sesame Ladoo with Almonds**

Oats sesame Ladoo with almonds is a healthy snack for kids. These ladoos are an energetic snack for kids that is loaded with protein, iron, and fiber.

**Ingredients (Serving 6)**

* 1 cup OATS
* 1 cup SESAME SEEDS
* ½ cup  ALMONDS
* ¾  cup JAGGERY
* 1 ½  tbsp MILK

Method

1. Dry roast oats in a medium heat until nice nutty aroma comes out, it takes approximately 5 - 6 minutes. Transfer oats to a plate and allow it to cool.
2. Dry roast sesame seeds in a medium heat until the sesame seeds start to pop and the color changes into a light golden brown. Transfer sesame seeds to the plate and allow it to cool.
3. Dry roast almonds until it becomes crispy. Allow it to cool (if you have roasted almonds handy, skip this step).
4. In a blender add roasted oats, sesame seeds, almonds, grated jaggery and blend it to a fine powder. Transfer it to a wide bowl.
5. Add warm milk little by little and shape them into small balls. Decorate the ladoos with cashew nuts or any nuts of your choice (optional).
6. Cool them completely and store it in an airtight container for up to a week in the refrigerator (You can also replace the milk with ghee for a longer shelf life).

**SMART COOKING TIPS:**

1. For a longer shelf life, you can replace the milk with warm ghee for binding.

2. Roast the sesame seeds and oats in a medium heat to avoid getting burned.

**Date Brownie bites:**

Ingredients

* 1 cup raw hazelnuts or unsalted roasted ( optional for top layer
* ½ cup raw walnuts
* 1 cup soft medjool dates, pitted and roughly chopped
* ⅓ cup or more cocoa powder
* ½ tsp vanilla extract
* ¼ tsp salt
* 1 to 2 tbsp maple syrup or Stevia

Method:

1. Preheat oven to 325 degrees. Spread the hazelnuts on a baking sheet ina single layer. Roast for 10 to 14 minutes if raw (shake one in between) and 4 or 5 minutes to heat up if roasted. Cool slightly and put on a kitchen towel. Rub with the towel to remove as many skins as you can.
2. Add just the hazelnuts without skin to a food processor or high speed blender. Blend until starting to get buttery. \*
3. Add walnuts and pulse until a coarse meal. Add dates and cocoa, vanilla and salt and pulse to mix in and until the dates break down into the mixture. Add maple syrup to help the mixture stick. Taste and adjust sweet and chocolate (add more cocoa).
4. Transfer to a parchment lined pan and pat down to a rectangle. Chill for 2-3 hours and cut in small pieces and Enjoy!!

 **Mango Coconut ladoo**

INGREDIENTS

* ½ cup shredded in sweetened coconut (dried)
* ¼ cup almond meal
* 1 cup or more mango puree (thick puree from can or ripe mango)
* ¼ tsp salt
* ¼ tsp nutritional yeast (optional - it adds a bit of khoya kind of flavor profile which is in dairy based ladoos) or 1 tbsp of Khoja
* Stevia – ¼ tsp if needed
* 1 tbsp coconut flour or Rice flour
* 1 tbsp cornstarch or other starch
* shredded coconut for garnish

Method:

1. Add coconut, almond meal and pureed mango to a saucepan over medium heat. Cook for 7 to 8 minutes until bubbling away.
2. Add the salt, nutritional yeast. Taste and add stevia if needed. At this point you can also add other ground nuts or seeds
3. Mix cornstarch into the coconut flour or rice flour really well and add to the mixture. Mix in really well and cook for 8 to 10 minutes. Continue to cook until the mixture becomes stiff and leaves the sides of the pan. The cooking time depends on the moisture in the mango puree.
4. Chill the mixture in the refrigerator for half an hour. Shape into balls or press into parchment lined loaf to cut into bars. Roll the balls in shredded coconut. Store on the counter for the day, or refrigerate for upto 5 days.

NOTES

Add ¼ to ½ tsp cardamom or ½ tsp vanilla extract at step 2.