

PINNI (Dry Fruit balls)

A traditional Indian sweet, very fondly eaten as a snack especially in winters. Often consumed with a hot cup of milk as a substitute for breakfast, especially amongst north Indians. Considered to be an immunity booster.

Ingredients:

Roasted soybeans (ground finely and sieved) – x gms

Almond powder – x gms

Walnut powder – x gms

Desi ghee / Clarified butter – 2x gms

Sweetener (powdered sucralose tablets) – to taste

Cardamom powder / cinnamon powder – to taste (optional)

Flax seeds and sesame seeds (lightly roasted) for the crunchy texture - x gms / as they fit into the calculations

Method:

Mix together Soy powder, almond powder, walnut powder, condiments and ghee.

Add the sweetener and mix well.

Roll the mixture into small balls.

Lightly press into the Flax seed and sesame seed mix.

Refrigerate or keep in a cool environment in an air tight container.

Will keep good for months if stored properly.

Can be lightly warmed in a microwave immediately before consumption or eaten as such.

For lower ratios, Soy powder could be substituted with a combination of whole wheat flour and gram flour.

