



WHO Traditional Medicine Global Summit 2023, Gandhinagar
Central Council for Research in Siddha
Ministry of Ayush, Govt. of India

Thengaai Barfi | Coconut jaggery ball

Introduction:

Coconut jaggery ball is a popular one of the favorite and staple snacks of Tamil Nadu with many health benefits. It is rich in dietary fibre, manganese, copper, iron, and healthy fats. It aids in preventing fatigue, anemia, improves and maintain the immune system.

Ingredients:

- Grated coconut - 3 cup
- Jaggery - 2 cup
- Milk - ½ cup
- Ghee - 1 tbsp
- Cardamom powder - ¼ tsp

Method of preparation:

1. Firstly, take 3 cup freshly grated coconut into large vessel then add 2 cup Jaggery and ½ cup milk. Mix well on medium flame until jaggery dissolves completely. Keep stirring till the mixture starts to thicken (takes approx. 10 minutes).
2. After 15 minutes, coconut mixture will start to separate from pan. Now add ¼ tsp cardamom powder and mix well.
3. Transfer the prepared dough into a ghee greased plate and shape it into small balls.

Benefits:

- ✓ Improves bowel movement and boosts brain health.
- ✓ Rich in iron, which plays an important role in the production of hemoglobin.
- ✓ Coconut flesh has a high content of fat as HDL (medium-chain triglycerides) that provide instant energy and promotes fat loss in obese people.

