



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

***Pachai payiru laddu* | Green gram ball**

**Introduction:**

*Pachai payiru laddu* is a healthy recipe which is loaded with high level of protein. It also a treasure trove of other essential nutrients like manganese, magnesium, potassium, copper, phosphorus, zinc and vitamins B1, B2, B3, B5 and B6.

**Ingredients:**

- Green Gram(*Pachai Payaru*) - 1 Cup
- Jaggery - 1/2 Cup
- Ghee - 1/4 Cup
- Cardamom - 5 Nos.
- Cashew nuts - 8 Nos.
- Raisins - 8 Nos.

**Method of preparation:**

1. Powder the cardamom pods and keep it aside. Dry roast the green gram in very low flame for 5 to 10 minutes.
2. When the green gram turns golden brown, switch off the flame and allow it to cool completely. After it cools down, grind it to a smooth powder.
3. Transfer it to a mixing bowl along with the Jaggery. Fry the cashews and raisins in 1 tsp of ghee and pour it over the mixture.
4. Finally, heat the 1/4 cup of ghee and pour it over the mixture. Mix it all together with a spoon and when it is hand bearable, press tightly and make it into balls.
5. Allow it to cool and serve.

**Benefits:**

- ✓ Improve your digestion
- ✓ Reduce cholesterol levels
- ✓ Boost immune function.
- ✓ Lowers Risk of Inflammation
- ✓ Improves Women Health
- ✓ Promotes Heart Health
- ✓ Controls Blood Pressure
- ✓ Improves Cognitive Health
- ✓ Prevents Cancer

