



सर्वयोग्य जगदत्ते
Ministry of Ayush



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Verkadalai Urundai | Peanuts ball

Introduction:

Verkadalai urundai is a munchy bite with rich source of protein that contains loads of health benefits. It is also a good dessert snack after the heavy meal where the combination of groundnut and Jaggery helps for very good digestion. Peanut is rich in protein, minerals and antioxidants which helps to improve the energy level in your body.

Ingredients:

- Peanuts - 1 and 1/2 cup
- Jaggery - 1/2 cup
- Ghee - To grease hands
- Cardamom powder - a pinch
- Water - 1/4 cup

Method of preparation:

1. Add 1/2 cup of jaggery in a saucepan and add 1/4 cup of water.
2. Melt the jaggery and filter the impurities.
3. Add this back to the pan and let this boil into a thick syrup. Add in the elachi powder
4. Pour few drops of syrup in a bowl filled with water.
5. If you could gather it into a whole mass and make a hard ball then it is perfect.
6. Keep the roasted peanuts in a wide bowl and pour the jaggery syrup on this.
7. Mix the syrup and peanut mixture well using a spoon.
8. When it is warm enough to handle, grease your hands with ghee.
9. Start making the balls. Take a small portion of the peanut jaggery mixture in hands and make *urundai*.

Benefits

- ✓ Improves immunity, Detoxifier, Improves digestion, Rich source of protein, High iron and selenium content.
- ✓ Loaded with antioxidants and minerals like zinc & selenium, which help prevent free-radicals.
- ✓ Protein content helps in building strong muscles
- ✓ Promote healthy brain function.

