



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

Ragi Laddu | Finger Millet Jaggery Balls

Introduction:

Ragi (Finger Millet / Kezhvaragu) is a nutritious millet and can be provided for babies from 6 months of age. This *Ragi laddu* is delectable amazing snack for all age groups with powerhouse of nutritions.

Ingredients:

- Ragi flour - 2 cups
- Jaggery - 2 cups
- Ghee - 1-2 tsps.

Method of preparation:

1. Ragi has to be roasted nicely in low flame for atleast 8-10 mins to get rid off its raw smell. Do not keep flame high then the ragi flour gets burnt.
2. Jaggery itself releases moisture when grind with the flour. Sometimes the moisture in the jaggery itself is enough to shape the mixture to *laddus*.
3. Warm the ghee before adding it to flour. Also add ghee to the ragi flour in sections, and mix with a spoon, then shape into balls.

Benefits:

- ✓ Strengthens bones for growing children and aging people
- ✓ Consumption helps in recovery of Anemia.
- ✓ Lowers risk of heart disease
- ✓ Support the good bacteria in gut
- ✓ High Protein
- ✓ Rich in vitamin 'niacin' hence Prevents Skin Ageing and promotes Hair growth
- ✓ Increases Production of Mothers Milk
- ✓ Prevents Diabetes- This is because polyphenols and dietary fibres are prevalent in ragi. Ragi has huge amounts of fibre when compared to other whole wheat grains.

