



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

**Pottukadalai urundai | Bengal gram ball**

**Introduction:**

*Pottukadalai urundai* is a highly nutritious recipe. Roasted gram is healthy and suggested for babies as it has being included in a baby food/porridge. Roasted Gram is full of iron, calcium and protein. It also contains dietary fibers, sodium that are required for the body.

**Ingredients:**

- *Pottukadalai* - 1 & ¾ cup
- Jaggery - ¾ cup
- Cardamom - 5 gm
- Cashews - 25 gm
- Ghee - 30 ml

**Method of preparation:**

1. First roast the *pottukadalai* in medium flame without changing the color and grind into fine powder.
2. In a heavy bottomed pan, heat jaggery with water just to immerse it.
3. Once jaggery dissolves, filter through a metal strainer to remove any impurities and continue heating.
4. Once the whole syrup turns frothy and thick, keep checking for consistency.
5. To this add *pottukadalai* powder, powdered cardamom, roasted cashews and mix well.
6. Grease your hands with ghee and roll tightly to make lemon sized balls. Every time grease your hands for easy handling. Repeat to finish.

**Benefits:**

- ✓ Boosts immunity, Improves bone, muscle, Improves heart health thereby prevents cardiovascular disease, Increase weight gain in Childrens, Healthy for skin and hair care
- ✓ Improve memory and are good for brain health
- ✓ Help in increasing hemoglobin and maintain blood pressure, As it is rich in iron it helps to prevent fatigue and anemia
- ✓ Both roasted gram and jaggery improves the digestive system and prevents constipation.

