

## Recipe: Vegan Laddu (Raw Recipe)

Recipe makes 12 laddus.

Ingredients:

- 12 Medjool dates
- 9 green cardamom pods
- 1 ¼ ground almonds

Method:

Remove the seeds from the cardamom pods, dispose of the pods and place the seeds in grinder and blend into a coarse powder. Or you can use a mortar and pestle to get the same result.

Remove the seeds from the dates, coarsely chop and place into a bowl.

Add your ground almond and cardamom to the same bowl.

Mix so that the almond and cardamom mix coats the dates. This helps the mix from not sticking quite as much to the blender.

Transfer the dates and most of the almond to a blender - set aside about 3 tablespoons for coating the laddus once they have been rolled.

Once blended into a firm pliable mix (takes 1-3 minutes in the blender) place into a mixing bowl. Take about 2 tablespoons of mix and roll into a ball.

Coat the ball in the remaining almond mix and serve.