

Fudgy Coconut Ladoo. Vegan Indian Dessert

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-indian-dessert-recipe>

Ingredients:

- 2 cups unsweetened shredded coconut dried
- 5 cardamom pods
- 1/3 cup full fat coconut milk
- 2 teaspoons coconut oil
- 2/3 cup raw sugar ground, or jaggery use a Tbsp less for less sweeter
- 1 pinch salt
- 2 tablespoons coconut flour

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 49 grams
3. Fat: 22 grams
4. Fiber: 7 grams
5. Protein: 3 grams
6. SaturatedFat: 19 grams
7. Sodium: 200 milligrams
8. Sugar: 36 grams

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