22 Sweets WITHOUT WHITE-SUGAR

A family cookbook of laddoos, barfi, spoon desserts and festive treats



Metric measurements • Home-kitchen methods

Welcome

Namaste and welcome to our kitchen.

This book is a family collection of 33 cherished Indian sweets, reimagined with goodness. Instead of refined white sugar, we use dates, fruit, jaggery, honey and other sweeteners that bring natural sweetness along with flavour and nourishment.

You will find practical recipes with clear, tested steps and metric quantities so you can create these sweets confidently in your own home. The methods are simple and reliable, using everyday tools and ingredients.

May these sweets add joy, health and togetherness to your celebrations.



Made without refined white sugar does not mean sugar-free.
Dates, fruit, jaggery, honey and other sweeteners still contain sugars.
This book is not sugar-free and is not a diabetes treatment.
If you have a medical condition or dietary restriction, seek advice from a qualified health professional.

Allergen notes

Nuts, peanuts, sesame, dairy, gluten and coconut appear across the book.
Always check ingredient labels and packaging for allergens.
Prevent cross-contact by using clean utensils and separate preparation areas.

Food safety

- Wash hands before cooking and after handling food.
- Use clean utensils, bowls and work surfaces.
- Refrigerate dairy desserts promptly.
- Keep chilled foods at 5°C or colder.
- Serve hot syrup carefully.
- Discard food with an unusual smell, mould or unsafe storage history.

How to use this book

Metric guide

1 tsp = 5 ml

1 tbsp = 15 ml

1 metric cup = 250 ml



Kitchen rhythm

Ingredients are listed in the order used.
Yields are moderate. Times are active prep, cook and chill times.

Roast – cook dry ingredients over low to medium heat until fragrant and lightly coloured.

Reduce – simmer a liquid until some water evaporates and the flavour or mixture thickenˆ.

Fold – gently turn one mixture into another without koncking out air.

Set – cool or chill until a mixture holds its shape.

Hung curd – thick yoghurt drained in cloth until whey is removed.

Chill – refrigerate until cold and firm.



Safety reminder

Hot jaggery and syrup can burn.
Keep children away from the stove and handle with dry oven mitts.

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COLLECTION A

LADDOOS

Toasted nuts, seeds and fruit brought together by hand.



COLLECTION A • LADDOOS

1. Coconut and Date Laddoos



Soft, naturally sticky laddoos with toasted coconut and warm cardamom.

Makes	Prep	Cook	Chill
14–16	15 min	8 min	30 min

INGREDIENTS

- 200 g soft pitted dates, chopped
- 100 g desiccated coconut, plus 30 g for rolling
- 60 g raw cashews
- 1 tbsp coconut oil (15 ml)
- 1/2 tsp ground cardamom
- 1 pinch fine salt

METHOD

1. Toast 100 g coconut and the cashews separately in a dry pan over low heat for 3–4 minutes, stirring, until fragrant; cool.
2. Pulse the cashews to a coarse meal.
3. Warm the coconut oil in the same pan, add dates and salt, and cook over low heat for 3–4 minutes until soft and mashable: do not let them smoke.
4. Stir in the cashew meal, toasted coconut and cardamom until the mixture forms a soft mass.
5. Cool until safe to handle, grease palms lightly, and roll into 14–16 balls. Coat with the extra coconut.
6. Chill for 30 minutes to firm.

STORAGE	Refrigerate in a sealed container for up to 7 days; bring to room temperature for 10 minutes before serving.
TROUBLESHOOTING	If crumbly, warm with 1 tsp water and knead; if sticky, mix in 1 tsp coconut and chill longer.
SERVING TIP	Serve in small paper cups with unsweetened chai.
ALLERGEN	Contains tree nuts and coconut.



2. Almond and Cardamom Laddoos



Fragrant almond laddoos with a soft, lightly chewy centre.

Makes 14 | Prep 15 min | Cook 10 min | Chill 30 min

INGREDIENTS

- 180 g blanchen almonds
- 80 g soft pitted dates, chopped
- 40 g desiccated coconut
- 2 tbsp ghee (30 ml)
- 1/2 tsp ground cardamom
- 1 tbsp warm milk (15 ml), only if needed
- 1 pinch fine salt

METHOD

1. Toast almonds in a dry pan over low heat for 5–6 minutes until fragrant; cool completely.
2. Pulse almonds to a fine, sandy meal, stopping before they become nut butter.
3. Melt ghee in the pan, add dates and salt, and cook over low heat for 3 minutes until soft.
4. Add almond meal, coconut and cardamom; stir until the mixture clumps.
5. Cool until warm, then knead. Add the warm milk 1 tsp at a time only if the mixture will not hold together.
6. Roll into 14 balls and chill for 30 minutes.

STORAGE

Refrigerate sealed for up to 7 days.

TROUBLESHOOTING

If oily, cool and mix in 1 tbsp almond meal; if dry, add 1 tsp warm milk.

SERVING TIP

Press a slivered almond into each laddoo.

ALLERGEN NOTE

Contains almonds, dairy and coconut.

3. Sesame and Peanut Laddoos



Toasty seed-and-nut laddoos with a gentle jaggery glaze.

INGREDIENTS

- 120 g roasted unsalted peanuts
- 50 g white sesame seeds
- 100 g grated jaggery
- 2 tsp water (30 ml)
- 1/2 tsp ground cardamom
- 1 tsp ghee (5 ml)
- 1 pinch salt

Makes 16 | Prep 10 min | Cook 12 min | Chill 30 min

METHOD

1. Toast sesame in a dry pan for 2 minutes; transfer to a bowl.
2. Pulse peanuts coarsely.
3. Heat jaggery and water in a small pan over low heat until dissolved, then simmer 2-3 minutes until bubbling and slightly thick; do not touch the hot syrup.
4. Test by dropping a little syrup into cold water; it should form a soft ball.
5. Turn off heat, stir in ghee, cardamom and salt, then quickly mix in peanuts and sesame.
6. When cool enough to handle but still pliable, grease hands and shape 16 laddoos. Chill 30 minutes.

HOT SYRUP SAFETY

Jaggery syrup is extremely hot and can cause severe burns. Do not touch while cooking and keep away from children.

STORAGE

Keep airtight at cool room temperature for 4 days or refrigerate for 7 days.

TROUBLESHOOTING

If the mixture hardens, warm it gently with 1 tsp water; if loose, add 1 tbsp ground peanut.

SERVING TIP

Finish with a few sesame seeds.

ALLERGEN NOTE

Contains peanuts and sesame.

4. Roasted Gram and Date Laddoos



A mellow, nutty laddoo made from roasted gram flour and dates.

INGREDIENTS

- 150 g roasted gram flour (sattu)
- 140 g soft pitted dates, chopped
- 2 tbsp ghee (30 ml)
- 30 g desiccated coconut
- 1/2 tsp ground cardamom
- 2 tbsp warm water (30 ml), as needed
- 1 pinch salt

Makes 16 | Prep 15 min | Cook 10 min | Chill 30 min

METHOD

1. Warm ghee in a pan, add roasted gram flour and cook over low heat for 5 minutes, stirring, until nutty and slightly darker.
2. Add dates, salt and 1 tbsp water; mash and stir for 3 minutes until the dates soften.
3. Add coconut and cardamom. If dry, add the remaining water 1 tsp at a time.
4. Turn out and cool until warm. Knead into a smooth mass.
5. Roll into 16 balls and chill for 30 minutes.

STORAGE

Refrigerate sealed for up to 7 days.

TROUBLESHOOTING

If grainy, knead while warm; if wet, mix in 1 tbsp roasted gram flour.

SERVING TIP

Roll half in coconut and leave half plain for contrast.

ALLERGEN NOTE

Contains coconut; check roasted gram flour for cross-contact.

5. Pistachio and Coconut Bites

Tender coconut bites brightened with pistachio and cardamom.



Makes 18 | Prep 15 min | Cook 8 min | Chill 30 min

INGREDIENTS

- 120 g unsweetened desiccated coconut
- 80 g shelled pistachios
- 100 g soft pitted dates, chopped
- 1 tbsp coconut oil (15 ml)
- 1/2 tsp ground cardamom
- 1 tsp warm water (15 ml), as needed
- 1 pinch salt

METHOD

1. Toast coconut and pistachios separately over low heat for 2–3 minutes; cool.
2. Pulse pistachios to a coarse meal.
3. Warm coconut oil, dates and salt in a pan for 3 minutes until mashable.
4. Str in coconut, pistachio meal and cardamom. Add water 1 tsp at a time only if crumbly.
5. Cool, then shape into 18 small oval bites.
6. Chill 30 minutes.

STORAGE

Refrigerate airight for up to 7 days.

TROUBLESHOOTING

If the mixture will not bind, add 1 tsp warm water; if too soft, add 1 tbsp coconut.

SERVING TIP

Top each bite with one pistachio sliver.

ALLERGEN NOTE

Contains pistachios and coconut.

6. Ragi and Date Laddoos



Earthy roasted ragi balanced with soft dates and warm spice.

Makes 16 | Prep 15 min | Cook 12 min

Chill 30 min

INGREDIENTS

- 140 g ragi flour
- 130 g soft pitted dates, chopped
- 35 g sesame seeds
- 2 tbsp ghee (30 ml)
- 1/2 tsp ground cardamom
- 1/4 tsp ground cinnamon
- 2 tbsp warm water (30 ml), as needed
- 1 pinch salt

METHOD

1. Dry-roast ragi flour over low heat for 6–7 minutes, stirring continuously, until nutty, cool slightly.
2. Toast sesame for 2 minutes.
2. Warm ghee, dates and salt for 3 minutes until soft.
4. Add ragi, sesame, cardamom and cinnamon; stir until cohesive. Add water 1 tsp at a time if needed.
5. Cool until warm, knead thoroughly and roll into 16 balls.
6. Chill for 30 minutes.

STORAGE

Refrigerate sealed for up to 7 days.

TROUBLESHOOTING

If bitter, the ragi was over-roasted; balance with 1 tbsp extra date paste. If dry, add 1 tsp warm water.

SERVING TIP

Serve with unsweetened ginger tea.

ALLERGEN NOTE

Contains sesame.

7. Peanut and Coconut Laddoos



A simple pantry laddoo with roasted peanuts, coconut and jaggery.

INGREDIENTS

- 160 g roasted unsalted peanuts
- 80 g desiccated coconut
- 110 g grated jaggery
- 2 tbsp water (30 ml)
- 1/2 tsp ground cardamom
- 1 tsp ghee (5 ml)
- 1 pinch salt

Makes 16 | Prep 10 min | Cook 12 min | Chill 30 min

METHOD

1. Toast coconut for 2 minutes and cool.
2. Pulse peanuts to a coarse meal.
3. Heat jaggery and water over low heat until dissolved; simmer 2 minutes until glossy and slightly thick. Handle the syrup carefully.

   ⚠ HOT SYRUP: Handle with care to avoid burns.
4. Turn off heat and stir in ghee, cardamom and salt.
5. Mix in peanut meal and coconut quickly.
6. Cool until pliable, shape 16 laddoos and chill 30 minutes.

STORAGE

Store airight at room temperature for 3 days or refrigerated for 7 days.

TROUBLESHOOTING

If brittle, rewarm with 1 tsp water; if loose, add 1 tbsp coconut.

SERVING TIP

Coat lightly with fine coconut just before serving.

ALLERGEN NOTE

Contains peanuts and coconut.

COLLECTION B

BARFI AND FUDGE

Sliceable sweets with coconut, nuts, seeds and gentle caramel notes.



8. Coconut and Date Barfi

A soft coconut barfi held together by a rich date paste.

INGREDIENTS

- 220 g desiccated coconut
- 180 g soft pitted dates, chopped
- 120 ml full-fat coconut milk
- 1 tbsp ghee (15 ml)
- 1/2 tsp ground cardamom
- 1 pinch salt
- 20 g chopped pistachios for topping



Makes 16 squares | Prep 15 min | Cook 15 min | Chill 2 hr

METHOD

1. Line a 20 cm square tin with baking paper.
2. Warm coconut milk, dates, ghee and salt over low heat for 5 minutes until the dates soften. Mash until mostly smooth.
3. Add coconut and cardamom; cook 6–8 minutes, stirring. until thick and pulling from the pan.
4. Press firmly into the tin, scatter pistachios and smooth the top.
4. Cool, then refrigerate for 2 hours before cutting.

STORAGE

Refrigerate airtight for up to 7 days.

TROUBLESHOOTING

If loose, cook 2–3 minutes longer; if crumbly, knead in 1 tbsp warm coconut milk before pressing.

SERVING TIP

Use a warm knife for clean cuts.

ALLERGEN NOTE

Contains coconut, ghee and pistachios.

9. Almond and Cardamom Fudge



A tender almond fudge with a fragrant cardamom finish.

INGREDIENTS

- 200 g almond meal
- 120 g grated jaggery
- 80 ml full-fat milk
- 2 tbsp ghee (30 ml)
- ½ tsp ground cardamom
- 1 pinch salt
- 15 g sliced almonds

Makes 16 pieces | Prep 10 min | Cook 18 min | Chill 2 hr

METHOD

1. Line a 20 cm square tin.
2. Heat milk, jaggery, ghee and salt over low heat until the jaggery dissolves.
3. Add almond meal and cook 10-12 minutes, stirring, until thick and the mixture leaves the sides of the pan.
4. Stir in cardamom, press into the tin and top with sliced almonds.
5. Cool completely, then chill 2 hours and cut.

STORAGE

Refrigerate airtight for up to 7 days.

TROUBLESHOOTING

If soft, return to the pan for 2–3 minutes; if dry, knead in 1 tbsp warm milk.

SERVING TIP

Cut small diamonds and serve at room temperature.

ALLERGEN NOTE

Contains almonds, dairy and ghee.



10. Peanut and Sesame Squares

Crunchy toasted peanuts and sesame bound into slim jaggery squares.

INGREDIENTS

- 180 g roasted unsalted peanuts, coarsely crushed
- 50 g sesame seeds
- 160 g grated jaggery
- 2 tbsp water (30 ml)
- 1 tsp ghee (5 ml)
- 1/4 tsp ground cardamom
- 1 pinch salt

Makes 20 squares | Prep 10 min | Cook 15 min | Chill 45 min

METHOD

1. Grease and line a 20 cm tin.
2. Toast sesame for 2 minutes.
3. Heat jaggery and water until dissolved, then simmer until a drop in cold water forms a firm, brittle thread; handle hot syrup carefully.
4. Turn off heat and stir in ghee, cardamom and salt.
5. Quickly mix in peanuts and sesame, press firmly into the tin and score squares while warm.
6. Cool, then chill 45 minutes and cut.

STORAGE
Keep airtight at cool room temperature for 5 days.

TROUBLESHOOTING
If sticky, the syrup needs a little longer; if hand, score and cut while still warm.

SERVING TIP
Break into small squares for a tea tray.

ALLERGEN NOTE
Contains peanuts and sesame.

HOT SYRUP SAFETY: Handle hot jaggery syrup with care. It is extremely hot and can cause serious burns.



11. Pistachio and Coconut Squares

Soft coconut squares with bright pistachio and a delicate floral note.

INGREDIENTS

- 180 g desiccated coconut
- 100 g shelled pistachios, finely ground
- 120 ml coconut milk
- 100 g grated jaggery
- 1 tbsp ghee (15 ml)
- 1/2 tsp ground cardamom
- 1 tsp rose water (5 ml), optional
- 1 pinch salt

Makes 16 squares | Prep 15 min | Cook 15 min | Chill 2 hr

METHOD

1. Line a 20 cm square tin.
2. Warm coconut milk, jaggery, ghee and salt until dissolved.
3. Add coconut and ground pistachios; cook 7–9 minutes, stirring, until thick and pulling from the pan.
4. Stir in cardamom and rose water if using.
5. Press into the tin, cool, then chill for 2 hours before cutting.

STORAGE
Refrigerate airtight for up to 7 days.

TROUBLESHOOTING
If too soft, cook longer; if dry, stir in 1 tbsp warm coconut milk.

SERVING TIP
Dust with finely ground pistachio just before serving.

ALLERGEN NOTE
Contains pistachios and coconut.

12. Coconut Fudge Without Milk Powder

A simple, dairy-free coconut fudge with a gently toasted finish.



INGREDIENTS

- 200 g desiccated coconut
- 180 ml full-fat coconut milk
- 100 g grated jaggery
- 2 tbsp coconut oil (30 ml)
- 1/2 tsp ground cardamom
- 1 pinch salt
- 20 g toasted coconut for topping

YIELD & TIMING

Makes 16 pieces

Prep 10 min
Cook 18 min
Chill 2 hr

METHOD

1. Line a 20 cm square tin.
2. Simmer coconut milk, jaggery, coconut oil and salt for 4 minutes.
3. Stir in coconut and cook over low heat for 10–12 minutes until thick and glossy, scraping the base.
4. Add cardamom, press into the tin, top with toasted coconut and cool.
5. Refrigerate for 2 hours before cutting.

STORAGE

Refrigerate airtight for up to 7 days.

SERVING TIP

Serve cold for the firdest texture.

TROUBLESHOOTING

If it will not set, return to the pan for 3–4 minutes; if dry, add 1 tbsp coconut milk.

ALLERGEN NOTE

Contains coconut; dairy-free only if all ingredients are verified dairy-free.

13. Roasted Gram and Nut Squares



A firm, nutty square made with roasted gram, almonds and cashews.

INGREDIENTS

- 150 g roasted gram flour
- 60 g almond meal
- 50 g chopped cashews
- 120 g grated jaggery
- 80 ml water
- 2 tbsp ghee (30 ml)
- 1/2 tsp ground cardamom
- 1 pinch salt

Makes 16 squares | Prep 10 min | Cook 18 min | Chill 2 hr

METHOD

1. Line a 20 cm square tin.
2. Dry-roast gram flour and almond meal together over low heat for 4 minutes.
3. Heat jaggery and water until dissolved and simmer 2 minutes.
4. Stir in ghee, cardamom and salt, then add the roasted flours and cashews.
5. Cook 5–6 minutes, stirring, until thick and pulling from the pan.
6. Press into the tin, cool, chill 2 hours and cut.

STORAGE

Refrigerate airtight for up to 7 days.

TROUBLESHOOTING

If crumbly, mix in 1 tbsp warm water; if soft, cook 2 minutes longer.

SERVING TIP

Mark the squares with a fork before chilling.

ALLERGEN NOTE

Contains almonds, cashews and dairy.

COLLECTION C

SPOON DESSERTS

Slow-simmered grains, creamy coconut and fruit for a gentle finish.





14. Cardamom Rice Kheer

Creamy slow-simmered rice pudding scented with cardamom.

INGREDIENTS

- 80 g basmati rice
- 1 litre full-fat milk
- 80 g grated jaggery
- 1/2 tsp ground cardamom
- 20 g chopped almonds
- 15 g chopped pistachios
- 1 tbsp raisins (15 g), optional
- 1 pinch salt

Serves 6 | Prep 10 min | Cook 45 min | Chill 2 hr

METHOD

1. Rinse rice until the water is mostly clear and soak 20 minutes; drain.
2. Bring milk to a gentle simmer in heavy pan. Add rice and cook on low for 30-35 minutes, stirring often, until the grains are tender and the milk coats a spoon.
3. Stir in jaggery and salt and cook 5 minutes. Do not boil aggressively after adding jaggery.
4. Add cardamom, almonds, pistachios and raisins.
5. Cool, then refrigerate 2 hours.

STORAGE

Refrigerate promptly and use within 3 days.

TROUBLESHOOTING

If thick, loosen with warm milk; if thin, simmer longer before adding jaggery.

SERVING TIP

Serve chilled or gently warmed with pistachios.

ALLERGEN NOTE

Contains dairy, almonds and pistachios.

15. Almond and Saffron Kheer

Silky almond milk pudding with saffron and a subtle cardamom finish.



INGREDIENTS

- 120 g blanched almonds, soaked 4 hours
- 800 ml full-fat milk
- 60 g grated jaggery
- 8 saffron strands
- 1/2 tsp ground cardamom
- 15 g sliced almonds
- 1 pinch salt

SERVES 5 | PREP 20 MIN | COOK 25 MIN | CHILL 2 HR

METHOD

1. Drain almonds, slip off skins and blend with 120 ml milk to a smooth paste.
2. Warm remaining milk with saffron over low heat for 5 minutes.
3. Whisk in almond paste and cook 12–15 minutes, stirring, until lightly thickened.
4. Add jaggery and salt and cook 4 minutes without boiling hard.
5. Stir in cardamom, cool, top with sliced almonds and chill 2 hours.

STORAGE

Refrigerate promptly and use within 3 days.

TROUBLESHOOTING

If lumpy, whisk while warm; if too thick, add milk by the tablespoon.

SERVING TIP

Garnish with two saffron strands per bowl.

ALLERGEN NOTE

Contains dairy and almonds.



16. Millet Kheer

A softly textured kheer made with peraled millet and milk.

Serves 6 | Prep 10 min | Cook 45 min | Chill 2 hr

INGREDIENTS

- 100 g pearl millet
- 1 litre full-fat milk
- 80 g grated jaggery
- 1/2 tsp ground cardamom
- 20 g chopped cashews
- 15 g raisins
- 1 pinch salt

METHOD

1. Rinse millet and soak 30 minutes; drain.
2. Simmer milk in a heavy pan, add millet and cook on low for 35–40 minutes, stirring often, until tender and creamy.
3. Stir in jaggery and salt and cook 5 minutes.
4. Add cardamom, cashews and raisins.
5. Cool and refrigerate for 2 hours.

STORAGE

Refrigerate promptly and use within 3 days.

TROUBLESHOOTING

If millet remains firm, add 100 ml milk and simmer longer; if thick, loosen with milk.

SERVING TIP

Serve in small bowls with a pinch of cardamom.

ALLERGEN NOTE

Contains dairy and cashews.

17. Coconut Milk and Chia Pudding with Cardamom

A cool, softly set coconut pudding with a gentle spice aroma.



Serves 4 | Prep 10 min | Cook 0 min | Chill 4 hr

INGREDIENTS

- 400 **ml** unsweetened **coconut milk**
- 45 **g chia seeds**
- 60 **g date paste**
- 1/2 tsp ground cardamom
- 1 tsp vanilla extract (5 ml)
- 20 **g toasted coconut**
- 40 **g diced mango, optional**

METHOD

1. **Whisk coconut milk, date paste, cardamom and vanilla until smooth.**
2. **Whisk in chia seeds.**
3. **Rest 10 minutes, whisk again to prevent clumps, then divide between four glasses.**
4. **Cover and chill for at least 4 hours, preferably overnight.**
5. **Top with toasted coconut and mango just before serving.**

STORAGE

Refrigerate covered for up to 3 days.

TROUBLESHOOTING

If loose, stir in 1 tsp chia and chill 1 hour; if too firm, fold in 1–2 tbsp coconut milk.

SERVING TIP

Use clear glasses to show the set texture.

ALLERGEN NOTE

Contains coconut; check chia and toppings for cross-contact.

18. Baked Apple and Cinnamon Kheer



A softly baked rice pudding layered with tender apple and cinnamon.

Serves 5 | Prep 15 min | Cook 55 min | Chill 1 hr

INGREDIENTS

- 70 g basmati rice
- 700 ml full-fat milk
- 2 medium apples (250 g), peeled and diced
- 60 g grated jaggery
- ½ tsp ground cinnamon
- ¼ tsp ground cardamom
- 20 g chopped walnuts
- 1 pinch salt

METHOD

1. Heat oven to 170°C. Rinse rice.
2. Put milk, rice, jaggery, cinnamon, cardamom and salt in a 1.5 litre ovenproof dish; stir.
3. Cover and bake 35 minutes. Stir in diced apple, uncover and bake 15-20 minutes until rice is tender and the pudding coats a spoon.
4. Rest 10 minutes, scatter walnuts and cool.
5. Chill for 1 hour or serve warm.

STORAGE

Refrigerate within 2 hours and use within 3 days.

TROUBLESHOOTING

If rice is firm, cover and bake 10 minutes longer with 50 ml milk; if dry, stir in warm milk.

SERVING TIP

Serve warm with a pinch of cinnamon.

ALLERGEN NOTE

Contains dairy and walnuts.

COLLECTION D

BAKED AND FESTIVE

Golden pastry, roasted fruit and celebratory bites from the oven.



19. Baked Coconut and Date Gujiya

Crisp baked pastry filled with coconut, dates and cardamom.



Makes 10 | **Prep** 30 min | **Cook** 20 min | **Chill** 20 min

INGREDIENTS

- 200 g whole-wheat flour
- 35 g ghee, melted
- 90 ml water, plus 1 tbsp if needed
- 100 g soft pitted dates, chopped
- 80 g desiccated coconut
- 1/2 tsp ground cardamom
- 1 pinch salt
- 1 tbsp milk (15 ml) for brushing

STORAGE

Store airtight at room temperature for 2 days; refrigerate up to 5 days.

TROUBLESHOOTING

If dough cracks, knead in 1 tsp water; if filling leaks, use less and seal firmly.

SERVING TIP

Warm for 5 minutes in a low oven before serving.

ALLERGEN NOTE

Contains wheat, dairy and coconut.

METHOD

1. Mix flour and salt. Rub in ghee until sandy. Add water gradually to make a firm dough; cover and rest 20 minutes.

2. Cook dates and 1 tbsp water over low heat for 3 minutes. Stir in coconut and cardamom; cool.

3. Heat oven to 190°C and line a tray.

4. Divide dough into 10 balls, roll each into a 10 cm disc, fill with 1 tbsp mixture, fold and seal with a fork.

5. Brush with milk and bake 18–20 minutes until golden. Cool 10 minutes.

20. Baked Almond and Cardamom Gujiya

Flaky baked gujiva with a fragrant almond and cardamom centre.



MAKES 10 | PREP 30 MIN | COOK 20 MIN | CHILL 20 MIN

INGREDIENTS

- 200 g all-purpose flour
- 40 g ghee, melted
- 90 ml water, plus 1 tbsp if needed
- 120 g almond meal
- 70 g grated jaggery
- 1/2 tsp ground cardamom
- 1 pinch salt
- 1 tbsp milk (15 ml) for brushing

METHOD

1. Combine flour and salt, rub in ghee, add water gradually and knead a firm dough. Rest covered 20 minutes.
2. Mix almond meal, jaggery, cardamom and 1 tbsp water in a pan over low heat for 3–4 minutes until crumbly but cohesive; cool.
3. Heat over to 190°C.
4. Roll dough into 10 discs, fill, fold and seal firmly.
5. Brush with milk and bake 18–20 minutes until golden. Cool 10 minutes.

STORAGE

Airtight at room temperature for 2 days or refrigerated for 5 days.

TROUBLESHOOTING

If filling is dry, add 1 tsp water, if pastry browns too quickly, cover loosely with foil.

SERVING TIP

Serve with warm unsweetened tea.

ALLERGEN NOTE

Contains wheat, almonds and dairy.



21. Ragi and Banana Mini Cakes

Small, softly spiced cakes with ragi flour and ripe banana.

INGREDIENTS

- 120 g ragi flour
- 80 g whole-wheat flour
- 2 ripe bananas (220 g peeled)
- 60 ml neutral oil
- 100 ml milk
- 70 g date paste
- 1 tsp baking powder (4 g)
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cardamom
- 1 pinch salt
- 30 g chopped walnuts, optional

MAKES	PREP	COOK	COOL
10 mini cakes	15 min	18 min	20 min

METHOD

1. Heat oven to 180°C. Line 10 muffin wells.
2. Mash bananas with oil, milk and date paste.
3. Whisk ragi, wheat flour, baking powder, cinnamon, cardamom and salt.
4. Fold dry ingredients into wet just until combined; fold in walnuts if using.
5. Divide into wells and bake 16–18 minutes until a skewer comes out with a few moist crumbs. Cool 20 minutes.

STORAGE

Airtight for 2 days or refrigerated for 5 days.

TROUBLESHOOTING

If dense, do not overmix; if dry, reduce baking time by 2 minutes next batch.

SERVING TIP

Split and toast lightly before serving.

ALLERGEN NOTE

Contains wheat, dairy and walnuts if used.

22. Baked Apple and Nut Crumble

Tender cinnamon apples under a crisp oat, almond and walnut topping.



INGREDIENTS

- 500 g apples, peeled and sliced
- 1 tbsp lemon juice (15 ml)
- 1/2 tsp ground cinnamon
- 60 g rolled oats
- 50 g almond meal
- 40 g chopped walnuts
- 50 g grated jaggery
- 40 g cold ghee
- 1 pinch salt

Serves 6 | Prep 15 min | Cook 30 min | Cool 10 min

METHOD

1. Heat oven to 180°C. Toss apples with lemon juice, cinnamon and half the jaggery in a baking dish.
2. Rub oats, almond meal, walnuts, remaining jaggery, salt and ghee together until clumpy.
3. Scatter topping over apples.
4. Bake 28–30 minutes until the fruit bubbles and the topping is golden. Rest 10 minutes before serving.



STORAGE

Refrigerate covered for up to 3 days; reheat until steaming.

TROUBLESHOOTING

If topping browns early, cover loosely with foil; if apples are firm, bake 10 minutes longer.

SERVING TIP

Serve warm with plain yoghurt.

ALLERGEN NOTE

Contains dairy, almonds and walnuts.

You've Reached the End of

Collections A – D

22 Delicious Sweets, Countless Moments of Joy!

From wholesome laddoos to creamy kheer, from rich barfi to festive bakes, these 22 recipes bring together tradition, flavour and love — all without refined white sugar.

Each recipe is a step towards a healthier, happier celebration with your family and loved ones.

A **Laddoos** — 7 Recipes — Pages 5 – 11 — *Classic, nutty and full of goodness.*

B **Barfi and Fudge** — 6 Recipes — Pages 12 – 17 — *Rich, creamy and irresistible.*

C **Spoon Desserts** — 5 Recipes — Pages 18 – 22 — *Comfort in every spoonful.*

D **Baked and Festive** — 4 Recipes — Pages 23 – 27 — *Traditional treats with a modern twist.*

Good Food Brings People Together

May your home be filled with happiness, your kitchen with wonderful aromas and your heart with joy this festive season and always!

A Little Reminder

These recipes are made without refined white sugar, but do contain natural sugars from ingredients like dates, fruits and nuts.

Enjoy mindfully!



TRADITION • HEALTH • HAPPINESS