

Dry Fruit Ladoo Or Granola Bar



Ease

4



Approx. Cost

INR 200



Serves

5



Cooking Time

20 Mins



Energy

151Kcal



Carbs

14g



Protein

5.2g



Fat

9.4g



Fibre

2.9g

Ingredients list

Oats: ½ cup

Pumpkin seeds: 3 tbsp

Flax seeds: 3 tbsp

Almonds: 3 tbsp

Dates: ¼ cup

Preparation

Step 1 :

In a pan, roast the seeds and nuts and keep them aside to cool down.

Step 2 :

Grind dates until it becomes a paste.

Step 3 :

Add oats, seeds and nuts to the paste and mix well. Shape them into a ladoo or flatten the mixture in a plate and cut them into bars.