

# Coconut Laddoos

## Ingredients:

1½ cup condensed Milk  
4 cup desiccated Coconut  
2 tbsp Butter or Ghee  
8 tbsp Milk  
2 tsp ground Cardamom

## Garnishing:

Crushed rose petals  
Finely grated pistachios  
Cacao nibs  
Desiccated coconut

## Directions:

In pot, melt butter or ghee on very low heat.  
Once melted, add desiccated coconut, stirring continuously for 2-3 mins.  
The coconut must not burn or change color, only release its oil and become fragrant.  
Add condensed milk and stir continuously for 30 sec.  
The mixture will begin to stick.  
Add cardamom powder and the milk, turn off heat.  
Mix until thoroughly mixed.  
Transfer to 3 separate bowls and add your choice of food coloring and mix until fused.  
Grease your hands with butter and roll mixture into small balls – golf ball or smaller.  
Prepare your garnishments onto separate plates to roll the coconut laddoos around until covered.  
Place the coconut laddoos in an airtight container and set in fridge for one hour before serving.

## Diwali: Festival of Lights

*Diwali, or Dipawali, is India's biggest and most important holiday of the year. The festival gets its name from the row (awali) of clay lamps (deeps) that Indians light outside their homes to symbolize the inner light that protects from spiritual darkness. This festival is as important to Hindus as Christmas is to Christians.*

*Over the centuries, Diwali has become a national festival that's also enjoyed by non-Hindu communities. In Jainism, Diwali marks the nirvana, or spiritual awakening of Lord Mahavira in 527 BC. In Sikhism, it honors the day that Guru Hargobind Ji was freed from imprisonment. Buddhists in India celebrate Diwali as well. Above is a dessert typically shared during Diwali.*