

# Dates Laddu

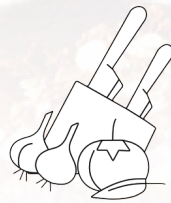
(Indian Sweets)

**Prep Time:** 12 minutes

**Cook Time:** 3 minutes

**Servings:** 8

**Fun Fact:** Dates Laddu is a simple and healthy Indian dessert, coated with crunchy coconut flakes.

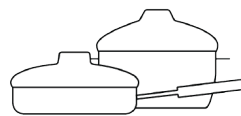


## Ingredients

20 large dates (pitted)

1/4 cup mixed nuts (almonds, cashews, walnuts, pistachios, peanuts)

1 tablespoon of desiccated coconut (optional)



## Directions

1. Dry roast nuts for a few minutes on stove top and set aside to cool (or add dry roasted nuts to a microwave safe tray and microwave for 2 minutes).
2. Add dates and heat until they are soft. (If in a microwave, microwave for about 30 to 60 seconds to soften them.)
3. Add desiccated coconut (optional).
4. Knead or blend the dates in a blender. Set the blended dates aside.
5. Blend nuts (or chop finely).
6. Mix or blend dates and nuts.
7. Roll into small balls and coat with dried coconut.