

# SWEETEN YOUR JOURNEY TO WELLNESS:

## 15 Inspiring Recipes with Liquid Jaggery



# JAGGERY LEMONADE

## Ingredients:

- *2 tablespoons Sadheeya's liquid jaggery*
- *Juice of 2 lemons*
- *2 cups of water*
- *Ice cubes (optional)*
- *Lemon slices for garnish (optional)*
- *Mint leaves for garnish (optional)*

## Instructions:

- In a blender, add 2 tablespoons of Sadheeya's liquid jaggery.
- Squeeze the juice of 2 lemons into the blender. Make sure to remove any seeds.
- Add 2 cups of water to the blender.
- Stir the mixture well until the liquid jaggery is completely dissolved.
- Taste the lemonade and adjust the sweetness or tartness by adding more liquid jaggery or lemon juice, according to your preference.
- If desired, you can add ice cubes to chill the lemonade.
- Give the lemonade another stir to incorporate the ice cubes.
- Pour the jaggery lemonade into serving glasses.
- Garnish with lemon slices and mint leaves, if desired.
- Serve the jaggery lemonade immediately and enjoy its refreshing taste.



Packed with vitamin C, minerals, and antioxidants, this natural drink can boost the immune system, aid digestion, and provide a sustained energy boost while keeping you hydrated. Incorporating jaggery lemonade into your routine can be a delicious and wholesome choice for supporting overall well-being.

# JAGGERY SMOOTHIE

## Ingredients:

- 2 tablespoons *Sadheeya's liquid jaggery*
- 1 ripe banana
- 1 cup of mixed berries (such as strawberries, blueberries, or raspberries)
- 1 cup of milk (dairy or plant-based-almond milk,coconut milk,cashew milk etc)
- Ice cubes (optional)



## Instructions:

- In a blender, add 2 tablespoons of *Sadheeya's liquid jaggery*.
- Peel and slice a ripe banana, and add it to the blender.
- Add 1 cup of mixed berries to the blender.
- Pour in 1 cup of milk.
- If desired, add a few ice cubes for a colder smoothie.
- Blend all the ingredients until smooth and creamy.
- Taste the smoothie and adjust the sweetness by adding more liquid jaggery, if desired.
- Pour the jaggery smoothie into glasses and serve immediately for a nutritious and delicious drink.

The combination of jaggery, banana, and milk provides a rich source of vitamins, minerals, fiber, and antioxidants. It can support digestion, boost energy levels, promote satiety, and contribute to overall well-being when enjoyed as part of a balanced diet.

# JAGGERY OATMEAL

## Ingredients:

- 1 cup of rolled oats
- 2 cups of water
- Pinch of salt
- 2 tablespoons Sadheeya's liquid jaggery
- Fresh fruits, nuts, and seeds for topping



## Instructions:

- In a saucepan, bring 2 cups of water to a boil.
- Add 1 cup of rolled oats and a pinch of salt to the boiling water.
- Reduce the heat to medium-low and cook the oats for about 5 minutes, stirring occasionally.
- Once the oats have absorbed most of the water and reached a creamy consistency, remove the saucepan from heat.
- Stir in 2 tablespoons of Sadheeya's liquid jaggery, or adjust the amount according to your desired sweetness.
- Transfer the jaggery oatmeal to serving bowls.
- Top the oatmeal with your favorite fresh fruits, nuts, and seeds for added texture and flavor.
- Enjoy the warm and nourishing jaggery oatmeal for a wholesome breakfast.

The combination of jaggery and oats provides a good source of fiber, aiding in digestion and promoting satiety throughout the morning. Additionally, jaggery oatmeal supplies essential nutrients like iron, magnesium, and zinc, supporting overall well-being and providing sustained energy release throughout the day.

# JAGGERY POHA(FLATTENED RICE) DELIGHT

## Ingredients:

- 1 cup flattened rice (*poha*)
- 1/4 cup liquid jaggery
- 2 tablespoons ghee (*clarified butter*)
- 1/4 cup mixed nuts (*such as cashews, almonds, and raisins*)
- 1/4 teaspoon cardamom powder
- Dessicated coconut



## Instructions:

- Rinse the flattened rice (*poha*) under running water in a colander for a few seconds. Drain well and set aside.
- Heat ghee in a pan over medium heat. Add the mixed nuts and sauté until they turn golden brown. Remove the nuts from the pan and set them aside.
- In the same pan, add the drained flattened rice and the dessicated coconut and sauté for 2-3 minutes until it becomes crisp and light.
- Add the liquid jaggery, and cardamom powder to the pan. Mix well to coat the flattened rice evenly with the jaggery.
- Cook for an additional 2-3 minutes, stirring continuously, until the jaggery is well incorporated and the flattened rice is heated through.
- Remove from heat and transfer the jaggery-coated flattened rice to a serving dish.
- Garnish with the sautéed nuts and serve warm.

Packed with essential minerals from the jaggery and fiber from the flattened rice, this recipe promotes digestive health, provides sustained energy release, and contributes to overall well-being. Additionally, the natural sweetness of liquid jaggery adds a touch of indulgence while still being a healthier alternative to refined sugar.

# SOOJI(SEMOLINA) HALWA WITH LIQUID JAGGERY

## Ingredients:

- 1 cup semolina (sooji)
- 1/2 cup liquid jaggery
- 3 tablespoons ghee (clarified butter)
- 1/4 cup mixed nuts (such as cashews, almonds, and raisins)
- 1 teaspoon cardamom powder
- 1 3/4 cups water
- Pinch of saffron strands (optional)
- Pinch of salt



## Instructions:

- Heat ghee in a pan over medium heat. Add the mixed nuts and sauté until they turn golden brown. Remove the nuts from the pan and set them aside.
- In the same pan, add the semolina and roast it on low heat for about 5-7 minutes until it turns light golden brown and aromatic.
- In a separate saucepan, heat water until it comes to a gentle boil.
- Slowly pour the hot water into the roasted semolina while stirring continuously to avoid lumps. Be careful as the mixture may splutter.
- Add the liquid jaggery, cardamom powder and saffron strands (if using) to the pan. Mix well to combine all the ingredients.
- Cook the mixture on low heat, stirring continuously, until it thickens and starts to leave the sides of the pan. This should take around 5-7 minutes.
- Remove from heat and let the sooji halwa rest for a few minutes.
- Garnish with the sautéed nuts and serve warm.

# SWEET JAGGERY ROTI (FLATBREAD)

## Ingredients:

- 1 cup whole wheat flour
- 1/4 cup liquid jaggery
- 2 tablespoons ghee (clarified butter)
- 1/4 teaspoon cardamom powder
- Pinch of salt
- Water, as needed
- Extra ghee for cooking



## Instructions:

- In a mixing bowl, combine the whole wheat flour, liquid jaggery, ghee, cardamom powder, and a pinch of salt.
- Gradually add water to the mixture, a little at a time, and knead to form soft and pliable dough. The amount of water needed may vary, so add it gradually until the dough comes together.
- Cover the dough and let it rest for about 15-20 minutes to allow the gluten to relax.
- After resting, divide the dough into small portions and shape them into balls.
- Dust the rolling surface with flour and roll out each ball into a circular roti of desired thickness.
- Heat a griddle or tawa over medium heat and brush it with some ghee.
- Place the rolled roti on the griddle and cook until bubbles start to appear on the surface.
- Flip the roti and cook the other side until it develops golden brown spots.
- Remove the roti from the griddle and continue the process with the remaining dough.
- Serve the sweet rotis warm with a drizzle of ghee or enjoy them as they are.

# WHOLESOME STUFFED ROTI (FLATBREAD)

## Ingredients:

*For the dough:*

- 2 cups whole wheat flour
- Water, as needed

*Pinch of salt*

*For the stuffing:*

- 1/2 cup mixed dry fruits (such as almonds, cashews, pistachios, and raisins), finely chopped
- 1/4 cup liquid jaggery
- 1/2 teaspoon cardamom powder
- 2 tablespoons ghee (clarified butter)



## Instructions:

- In a mixing bowl, combine the whole wheat flour and a pinch of salt. Gradually add water and knead to form a soft and smooth dough. Set it aside to rest for 15-20 minutes.
- In a separate bowl, combine the chopped dry fruits, liquid jaggery, and cardamom powder. Mix well until the dry fruits are coated with the jaggery syrup.
- Divide the dough into small portions and shape them into balls. Take one ball and roll it into a small circle, about 3-4 inches in diameter.
- Place a tablespoon of the dry fruit and jaggery mixture in the center of the rolled dough circle. Fold the edges of the dough towards the center, covering the filling completely. Pinch the edges to seal the stuffing inside.



- Flatten the stuffed ball and dust it with flour. Roll it out gently into a larger circle, around 6-7 inches in diameter.
- Heat a tawa or griddle over medium heat. Place the rolled stuffed roti on the hot tawa and cook for a minute or until bubbles start to appear on the surface.
- Flip the roti and cook the other side for another minute. Apply some ghee on both sides and cook until golden brown spots appear on both sides.
- Repeat the process with the remaining dough and stuffing.
- Serve the stuffed rotis warm with a side of yogurt.



# JAGGERY GRANOLA BARS

## Ingredients:

- 2 cups of rolled oats
- 1/2 cup of nuts and seeds (such as almonds, pumpkin seeds, or chia seeds)
- 1/2 cup of dried fruits (such as raisins, cranberries, or chopped dates)
- 1/4 cup Sadheeya's liquid jaggery
- 1/4 cup of nut butter (such as almond or peanut butter)
- Pinch of salt



## Instructions:

- Preheat your oven to 350°F (175°C) and line a baking dish with parchment paper.
- In a mixing bowl, combine 2 cups of rolled oats, 1/2 cup of nuts and seeds, and 1/2 cup of dried fruits.
- In a small saucepan, warm 1/4 cup of Sadheeya's liquid jaggery and 1/4 cup of nut butter over low heat until they are well combined and smooth.
- Pour the jaggery and nut butter mixture over the dry ingredients and add a pinch of salt. Mix well until everything is evenly coated.
- Transfer the mixture to the lined baking dish and press it down firmly.
- Bake in the preheated oven for about 15-20 minutes, or until the edges turn golden brown.
- Remove the baking dish from the oven and let it cool completely.
- Once cooled, cut the granola mixture into bars of your desired size.
- Store the jaggery granola bars in an airtight container for a convenient and nutrient-rich snack.

# JAGGERY ROASTED NUTS

## Ingredients:

- 1 cup of mixed nuts (such as almonds, cashews, or peanuts)
- 2 tablespoons of Sadheeya's liquid jaggery
- Pinch of salt
- Pinch of cinnamon (optional)



## Instructions:

- Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
- In a bowl, combine 1 cup of mixed nuts, 2 tablespoons of Sadheeya's liquid jaggery, a pinch of salt, and a pinch of cinnamon (if desired). Toss the nuts until they are well coated with the liquid jaggery.
- Spread the coated nuts evenly on the prepared baking sheet, making sure they are in a single layer for even roasting.
- Place the baking sheet in the preheated oven and roast the nuts for about 10-15 minutes. Check on them regularly and give them a gentle stir halfway through to ensure even roasting.
- The nuts are ready when they turn golden and fragrant. Keep in mind that different nuts may require slightly different roasting times, so adjust accordingly.
- Once roasted, remove the baking sheet from the oven and let the nuts cool completely. As they cool, the jaggery coating will harden, creating a delicious sweet crunch.

- Once cooled, transfer the jaggery roasted nuts to an airtight container or enjoy them immediately as a snack.
- These jaggery roasted nuts make a nutritious and naturally sweetened treat that can be enjoyed on their own, added to trail mixes, or used as toppings for salads and desserts.



# REFRESHING JAGGERY WATERMELON SORBET

## Ingredients:

- 4 cups watermelon, seeded and cubed
- 1/4 cup Sadheeya's liquid jaggery
- 2 tablespoons fresh lime juice
- Mint leaves for garnish



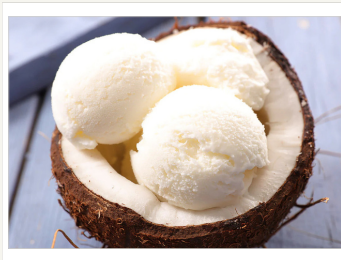
## Instructions:

- Place the watermelon cubes in a blender or food processor.
- Add Sadheeya's liquid jaggery and fresh lime juice.
- Blend until smooth and well combined.
- Taste the sorbet mixture and adjust the sweetness by adding more jaggery if desired.
- Pour the mixture into a shallow dish and cover it.
- Place the dish in the freezer for about 4 hours or until the sorbet is firm.
- Once frozen, remove the dish from the freezer and let the sorbet sit at room temperature for a few minutes to soften slightly.
- Scoop the refreshing jaggery watermelon sorbet into bowls or cones.
- Garnish with fresh mint leaves for added freshness.
- Enjoy this light and naturally sweetened sorbet as a refreshing and healthy dessert option.

# CREAMY JAGGERY COCONUT ICE CREAM

## Ingredients:

- 1 can (400 ml) full-fat coconut milk
- 1/2 cup liquid jaggery
- 1 teaspoon vanilla extract
- Pinch of salt
- Optional: 1/4 cup shredded coconut (toasted for garnish)



## Instructions:

- In a mixing bowl, whisk together the coconut milk, liquid jaggery, vanilla extract, and salt until well combined.
- Pour the mixture into a shallow container or a loaf pan, cover it with a lid or plastic wrap, and place it in the freezer for about 3-4 hours, or until it starts to firm up around the edges.
- After the initial freezing time, remove the container from the freezer and use a fork or a hand blender to vigorously whisk the mixture, breaking up any ice crystals that have formed. This helps to create a smoother texture.
- Return the container to the freezer and repeat the whisking process every 30 minutes for the next 2-3 hours. This helps to prevent the ice cream from becoming too icy and creates a creamier consistency.
- Once the ice cream reaches the desired consistency, cover the container tightly and let it freeze for another 2-3 hours, or until firm.
- When ready to serve, scoop the creamy jaggery coconut ice cream into bowls or cones. Garnish with toasted shredded coconut if desired.
- Enjoy the luscious and creamy jaggery coconut ice cream immediately, or store it in the freezer in an airtight container for future indulgence.

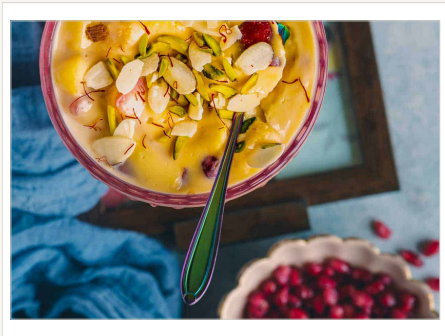
# JAGGERY CUSTARD FREEZE

## Ingredients:

- 2 cups whole milk
- 1/2 cup liquid jaggery
- 2 tablespoons corn flour
- 1 teaspoon vanilla extract
- *Optional: Chopped nuts, chocolate chips, or fruit for garnish*

## Instructions:

- Heat the whole milk in a saucepan.
- In a separate small bowl, whisk together the corn flour with a few tablespoons of cold milk to create a slurry. Make sure there are no lumps.
- Gradually pour the corn flour slurry into simmering milk while stirring continuously.
- Add the liquid jaggery.
- Continue to cook the mixture over medium-low heat, stirring constantly, until it thickens and coats the back of a spoon. This should take about 5-7 minutes.
- Remove the saucepan from heat and stir in the vanilla extract. Let the mixture cool to room temperature.
- Once cooled, pour the mixture into a shallow container or a loaf pan. Cover it with a lid or plastic wrap and place it in the freezer for about 2-3 hours, or until it starts to firm up around the edges.



- After the initial freezing time, remove the container from the freezer and use a fork or a hand blender to vigorously whisk the mixture, breaking up any ice crystals that have formed.
- Return the container to the freezer and repeat the whisking process every 30 minutes for the next 2-3 hours. This helps to prevent the ice cream from becoming too icy and creates a smoother texture.
- Once the ice cream reaches the desired consistency, cover the container tightly and let it freeze for another 2-3 hours, or until firm.
- When ready to serve, scoop the creamy milk and jaggery ice cream into bowls or cones. Garnish with chopped nuts, chocolate chips, or fruit if desired.
- Enjoy the delightful and creamy milk and jaggery ice cream immediately, or store it in the freezer in an airtight container for future indulgence.





# EXOTIC JAGGERY CARDAMOM PISTACHIO ICE CREAM

## Ingredients:

- 2 cups heavy cream (*dairy or plant-based*)
- 1/2 cup *Sadheeya's liquid jaggery*
- 1 teaspoon *ground cardamom*
- 1/2 cup *chopped pistachios*



## Instructions:

- In a mixing bowl, whisk together the heavy cream, *Sadheeya's liquid jaggery*, ground cardamom until well combined.
- Taste the ice cream base and adjust the sweetness by adding more jaggery if desired.
- Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions.
- During the last few minutes of churning, add the chopped pistachios and continue churning until evenly distributed.
- Once churned, transfer the ice cream to a container and cover it.
- Place the container in the freezer for at least 4 hours or until the ice cream is firm.
- When ready to serve, remove the container from the freezer and let the ice cream sit at room temperature for a few minutes to soften.
- Scoop the exotic jaggery cardamom pistachio ice cream into bowls or cones.
- Indulge in this aromatic and naturally sweetened ice cream that combines the fragrant flavors of cardamom with the delightful crunch of pistachios.

# CARDAMOM PISTACHIO CAKE

## Ingredients:

- 1 1/2 cups whole wheat flour
- 1/2 cup almond flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup Sadheeya's liquid jaggery
- 1/2 cup plain yogurt
- 1/4 cup vegetable oil
- 1/4 cup milk
- 1 teaspoon vanilla extract
- 1 teaspoon ground cardamom
- 1/4 cup chopped pistachios for garnish



## Instructions:

- Preheat the oven to 350°F (175°C) and grease a cake pan.
- In a mixing bowl, whisk together the whole wheat flour, almond flour, baking powder, baking soda, and salt.
- In another bowl, combine Sadheeya's liquid jaggery, plain yogurt, vegetable oil, milk, vanilla extract, and ground cardamom. Mix well.
- Gradually add the dry ingredients to the wet ingredients and mix until just combined.
- Pour the batter into the greased cake pan and spread it evenly.

- Sprinkle the chopped pistachios on top.
- Bake in the preheated oven for 30-35 minutes or until a toothpick inserted into the center comes out clean.
- Remove from the oven and let the cake cool completely before slicing.
- Note: The combination of cardamom and pistachio gives a delightful Indian flavor to this cake. Adjust the sweetness by adding more Sadheeya's liquid jaggery if desired.

