

# SWEET CHANA DAL

## Ingredients

Chana dal/Bengal gram dal-1cup

Jaggery 3/4cup

Ghee 1/4cup

Cardamom powder

Raisins,coconutpieces, almonds (optional) cashews.



- Wash and cook dal in pressure cooker by adding water which is just enough to cook the dal well.
  - Mash half of the cooked dal and keep aside.
  - Bring to boil jaggery by adding little water and strain it to remove stones if any.
  - Take a cooking pan add cooked dal and jaggery syrup, mix well. Keep stirring until it becomes a thick single lump by adding 1/4cup of ghee, keeping aside 3tsp of ghee to fry the dry fruits.
- Switch off the flame once done.



- In a seasoning pan, add cashew nuts, raisins, almond and coconut pieces and fry till brown. Add to the sweet chana dal.Enjoy the sweet after offering to Supreme Father.

OMSHANTI