Traditional Indian

Coconut Laddoos

A simple, plant-based sweet to celebrate the completion of our Nine Nights of Shakti.



Ingredients



2 cups
desicated coconut
(unsweetened)



½ cup
coconut milk
(full fat)



½ cup
maple syrup
(or date syrup)



½ teaspoon
cardamom powder



½ cup
chopped pistachios
(or almonds)



Dried rose petals
(optional, for garnish)

A Sweet Tradition

In India, sweets (mithai) are often prepared to mark auspicious occasions and new beginnings. These coconut laddoos are a simple, heartfelt way to celebrate the completion of our Nine Nights of Shakti. Enjoy them as a sweet reminder of the beauty and strength within you.

Method



1 Warm the mixture

In a pan over medium heat, add the coconut milk and maple syrup. Stir gently and bring to a light simmer.



2 Add the coconut

Reduce the heat and add the desicated coconut and cardamom powder. Stir continuously for 3–7 minutes, until the mixture thickens and comes together.



3 Cool slightly

Remove from heat and let the mixture cool for a few minutes, until it's warm enough to handle.



4 Shape into laddoos

Take a small amount of the mixture and roll it into a ball, about the size of a walnut. Repeat with the remaining mixture.



5 Add the finishing touch

Roll each laddoo in extra desicated coconut and garnish with chopped pistachios and rose petals.

Tips & Variations

- For a richer flavour, use date syrup instead of maple syrup.
- Add a handful of finely chopped nuts or seeds for extra texture.
- Store in an airtight container in the refrigerator for up to a week.
- These laddoos are naturally gluten-free, dairy-free, and plant-based.