

# Ginger Ladoos

Ginger and turmeric have anti-inflammatory and antiallergic properties. This recipe is great to help handle inflammation, low immunity, nausea and to stimulate appetite and release of digestive enzymes, thanks to the presence of ginger.

## Ingredients:

- ⅓ cup jaggery powder / grated jaggery
- 2 tbsp dry ginger powder
- 1 tbsp organic turmeric powder
- 3-4 tbs ethically sourced A2 ghee

## Method:

1. Mix all the ingredients except ghee in a bowl.
2. Add melted ghee slowly to the dry mix.
3. Mix everything with your fingers to make a dough that's wet enough to bind together.
4. Pinch out a bit of dough and roll to make a small ball - about the size of a marble.
5. Make more balls of the same size till all the dough is used up.
6. Store the balls in an air tight container. The balls remain good at room temperature for 10 days.

