



MILLETS & NUTS GULAB JAMUN

(This millet-based preparation combines kodo and foxtail millets, both rich in dietary fibre, minerals, and slow-digesting carbohydrates, forming a nutritionally superior matrix compared to refined-flour sweets. The inclusion of almonds, cashews, and watermelon seeds enhances the lipid profile with unsaturated fatty acids, plant proteins, and micronutrients relevant to bone and immune function. Aloe extract and palm jaggery provide antioxidant and anti-inflammatory phytochemicals, while honey adds enzymatic components and natural humectant properties that stabilize the syrup. Frying followed by osmotic soaking ensures controlled moisture absorption and structural integrity of the final product. Overall, the formulation offers nutrient density with moderated glycaemic load relative to conventional gulab jamun.)

Ingredients	#	Name of Ingredients	Botanical Name	Qty
	1	Varagu (Kodo Millet)	<i>Paspalum scrobiculatum</i>	Qs
	2	Kuthiraivaali (Foxtail Millet)	<i>Setaria italica</i>	Qs
	3	Badham (Almond)	<i>Prunus dulcis</i>	Qs
	4	Munthiri (Cashew)	<i>Anacardium occidentale</i>	Qs
	5	Tharpoosani vidai (Watermelon Seeds)	<i>Citrullus lanatus</i>	Qs
	6	Katraalai saaru (Aloe Extract)	<i>Aloe Vera</i>	Qs
	7	Panai vellam (Palm Jaggery)	<i>Borassus flabellifer</i>	Qs
	8	Thaen (Honey)		Qs
Preparation Time	55 minutes			
Preparation Method	Make small dough balls from millet flour, stuff with dry fruit mixture, shape into balls. Fry in hot oil. Prepare syrup with aloe juice, palm jaggery, honey. Soak balls in syrup for 3–5 min, then store.			
Benefits	Good for bone health, improves immunity.			
Reference	Pathaarthana Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.328, stanza 813.			



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