



SURAN SMALL BALLS

(This suran-based formulation provides a high-fibre, low-glycaemic matrix that supports better post-prandial glucose regulation. Pre-soaking in acidic and probiotic media reduces calcium oxalate content, improving gastrointestinal tolerance and safety. The inclusion of peanut and rice flours enhances the protein–carbohydrate balance, while spices such as cumin and fennel contribute carminative and digestive-modulating effects. The final product exhibits antioxidant and anti-inflammatory potential due to bioactive phytochemicals naturally present in *Amorphophallus paeoniifolius*.)

Ingredients	#	Name of Ingredients	Botanical Name	Qty
	1	Karubai kizhangu (Suran yam)	<i>Amorphophallus paeoniifolius</i>	1kg
	2	Arisi maavu (Rice flour)	<i>Oryza sativa</i>	½ kg
	3	Nilakkadalai maavu (Peanut flour)	<i>Arachis hypogea</i>	½ kg
	4	Sombu (Fennel)	<i>Foeniculum vulgare</i>	Qs
	5	Seeragam (Cumin)	<i>Cuminum cyminum</i>	Qs
	6	Milagao (Chilli)	<i>Capsicum frutescens</i>	Qs
	7	Malligai (Jasmine)	<i>Jasminum officinale</i>	Qs
Preparation Time	35 minutes			
Preparation Method	<p>Cut the yam into small pieces and soak it in curd and tamarind water for 20 or 30 minutes.</p> <p>Then it should be boiled in water and skinned.</p> <p>It should be ground to a fine paste with methi.</p> <p>Mix rice flour, and peanut flour with this pulpy tuber and mix salt, cumin, chili, and fennel mixture and knead it.</p> <p>Knead it well like chapati dough so that it does not stick to your hands. Roll into small balls and dry on a plate.</p> <p>Then pour enough oil in a pan to submerge the balls and put these balls in it and fry them in medium heat till they turn red.</p>			
Benefits	<p>Helpful in diabetes. Suran can also be beneficial for diabetic people.</p> <p>Anti-inflammatory and antioxidant effects.</p> <p>Relief from menopause symptoms</p>			
Reference	Pathaarthana Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.172, stanza 452,453.			



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