

Spirulina Peanut **chikki**

Ingredients:-

- *Roasted peanuts- 250gm**
- *Organic jaggery- 250gm**
- *Organic Spirulina powder-
20gm**
- *White sesame seeds- 50gm**
- *Flax seeds- 50gm**
- *Ghee- 2 table spoons(for
greasing)**

Method of preparation :-

- Heat a thick bottomed Kadai/pan. Roast the peanuts, cool, rub and winnow to remove the husks.
- Grease the plate with ghee and keep aside.
- In the same Kadai/pan take 250gm of organic, powdered jaggery add 2 to 3 table spoons of water.
- Heat the container on a slow flame with constant stirring.

- Cook the jaggery syrup on a low flame while stirring continuously.
- Keep on cooking till the mixture reaches a hard ball like consistency.
- take a drop of the formed syrup and put it in a plate with some water to confirm that the syrup is properly cooked.
- Now put spirulina powder, white sesame seeds, flax seeds and give a quick stir and mix all the contents well.

- Switch off the flame and quickly pour the contents on the greased plate and flatten immediately with a rolling pin.
- Once cooled cut them to your desirable shape, cool further and then store in an airtight jar at room temperature.

Note:-This chikki is rich in iron,antioxidants and immunity boosters.Easy to prepare quickly with simple available ingredients.



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