

HEARTY HALWA

Everyone loves to indulge in special treats. If we follow the rule of moderation in all aspects then even these special treats can be helpful in maintaining our health. For all the sweet tooth's this following recipe has the benefit of being a delicacy as well as a tonic for strengthening the cardio-metabolic system in one. It is hassle free and doesn't require any additional effort on your part.

What you will need:

Wheat flour : 50 gm

Arjun Churna :6 gm

Jaggery : 50 gm

Sesame oil : 12 ml

Ghee : 12 gm

Water : 100 ml

Preparation Process :

1. In a pan, heat the sesame oil and ghee.
2. Now you can add wheat flour and roast it well for 2-3 mins.
3. To this well roasted mixture add Arjun churna, jaggery and water.
4. Keep stirring and let it simmer till you are satisfied with its consistency.

Benefits:

- The antioxidant and anti-inflammatory properties of sesamin present in sesame oil help in maintaining the cardiac system.
- Ghee on the other hand manages lipid levels and has a protective effect in the body.
- Ghee contains antioxidants, including vitamin E, vitamin A, and carotenoids, which may be helpful in preventing cell damage.
- Jaggery is a rich source of calcium, iron and it also contains essential nutrients like magnesium and potassium which helps maintain the essential system.
- Sesame oil has essential contents such as Vitamin E, sesamin, sesamol and sesamol which are beneficial in cardiovascular disorders.

#Sayyestoayurveda #Sandupharma #Ayurveda #menswellness #ashwagandharishta #makarprash
#sanduarogyadarshika #diy

Reference:

- Bhaishajya Ratnavali
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3215354/>

WATCH THE RECIPE HERE: <https://youtu.be/HIcEJyT3kfg>