

# Sugar free Pongal

Want to usher in the harvest festival on a healthy note?  
Try out these sugar free festive recipes



## Coconut delight

### Ingredients

40 measured spoons of Sugar Free Natura Powder Concentrate  
1 coconut, scraped.  
20 g china grass (grass, not powder)  
800 ml water for china grass  
200 ml water for coconut to soak

### Method:

Soak the coconut in 200 ml boiled water and remove thick coconut milk through muslin cloth.

Add 15 measured spoons of Sugar Free Natura Powder Concentrate to thick coconut milk after straining it.

Take 800 ml of water and add 20 g of china grass to it. It should completely melt in the water. Add 25 measured spoons of Sugar Free Natura Powder Concentrate in the water along with china grass and boil for

15 mins.

Immediately pour this solution in a bowl containing coconut milk solution and let it set for 1 hour.

## Green Papaya Laddu

### Ingredients

Sugar Free Natural Diet Sugar - 5 teaspoons.  
1 green papaya (peeled and grated) - 500 gms  
1 tbsp. ghee  
2 cups milk

2-3 pinch saffron  
4 tbsp. milk powder  
1 pinch cardamom powder  
Cashew for garnishing

### Method:

Lightly roast the cashews. Keep aside

Heat ghee in a pan. Add grated papaya and fry for 5 - 6 mins till moisture goes off, add milk and let it

cook for a while. Once it is cooked, add 5 teaspoons of Sugar Free Natura Diet Sugar, milk powder and saffron. Add cardamom and remove from flame.

Let it cool down and then shape into laddu. Garnish with roasted cashew and saffron.