



## Jaggery Balls



➤ Jaggery is a form of unrefined sugar, which is made from sugarcane. The hard sweet cake is made by simmering sugarcane juice. Its uses in India go back thousands of years and feature in several Hindu rituals. The hard wheat-brown cake is integral to several Indian cuisines, especially Gujarat's curries, south Indian dishes and sweets.. for example they get their sweetish edge from jaggery added during cooking.

Best variety and class of Jaggery is only cultivated and found in India. Jaggery is known for mesmerizing tastes; especially when it is Indian Jaggery! Indian Jaggery served by us is known for their highest quality and freshness that no other can assure...

Well checked by international experts our Indian Jaggery has been highly demanded in the global marketplace. We also offer you varieties of Jaggery so that you get plentiful options to choose. Our palm Jaggery is also very popular in the agro food industry. Also, at our place you get Jaggeries packed and handled in a hygienic and safest ways. For giving in wondrous Jaggery to world, we are rated as one of the topnotch Jaggery exporters and suppliers in India.

**Health benefits :** Jaggery is considered by some to be a particularly wholesome sugar and, unlike refined sugar, it retains more mineral salts. Moreover, the process does not involve chemical agents. Indian Ayurvedic medicine considers jaggery to be beneficial in treating throat and lung infections; Sahu and Saxena[3] found that in rats jaggery can prevent lung damage from particulate matter such as coal and silica dust. Gandhi felt that jaggery was healthier than refined sugar, as it was not introduced into the blood as rapidly.[4] As such, he used it in his own personal diet and recommended it for use in his invented goat-milk diet (and all other diets and eating styles).



**Uses :** Jaggery is used as an ingredient in both sweet and savory dishes across Pakistan, India and Sri Lanka. For example, a pinch of jaggery is sometimes added to sambar, rasam, and other staples in

Jaggery is also added to lentil soups (dal) to add sweetness to balance the spicy, salty, and sour components, particularly in Gujarati cuisine called add in cooking.

The Indian state of Maharashtra is the largest producer and consumer of jaggery. In Maharashtra, most vegetables curries and dals contain jaggery. Jaggery is specially used during Makar Sankranti for making sweetmeat called tilgul. In rural Maharashtra, water and a piece of jaggery is given when someone arrives home from working under a hot sun. Kakvi, a byproduct from production of jaggery, is also used in rural Maharashtra as a sweetener. It contains many minerals not found in ordinary sugar and is considered beneficial to health by the traditional Ayurvedic medical system.



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