

# Roasted Makhanas

## INGREDIENTS:

1 tbsp coconut oil or ghee

3 cups Makhana

## FOR SEASONING:

Cinnamon

Brown sugar

Gf curry powder

## METHOD:

1. In a large skillet, heat coconut oil or ghee over low-medium heat.
  2. Add Makhana to the skillet and gently stir every 2-3 minutes.
  3. Continue roasting until it becomes slightly brown for about 6-8 minutes.
  4. If you are doing a large amount, do it in batches to roast them evenly.
  5. Remove from the stovetop and liberally season with whatever you desire.
  6. Store them in an airtight container.
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