

Best Of Sri Lankan New Year Sweets Delicious Coconut Oil Recipes With Amazing



Sri Lankan New Year, also known as Sinhala and Tamil New Year, is celebrated in April. It's a time when families come together to rejoice and indulge in traditional delicacies. One of the highlights of the New Year celebrations is the variety of delicious sweets made with coconut oil. Sri Lankan cuisine is renowned for its unique blend of flavors, and these coconut oil recipes are no exception. In this article, we will explore some of the best Sri Lankan New Year sweets recipes that you can try at home.

The Importance of Coconut Oil

Coconut oil is a staple ingredient in Sri Lankan cooking, and it adds a distinct flavor and aroma to the dishes. Besides its culinary uses, coconut oil also offers numerous health benefits. It is rich in healthy fats, antioxidants, and vitamin E. Consuming coconut oil in moderation can help improve digestion, boost immunity, and promote healthy skin and hair.



Best Of Sri Lankan New Year Sweets-Delicious ,coconut oil recipes with amazing Pictures and Menus so perfectly crafted.

by Shrinika Perera (Kindle Edition)

★★★★☆ 4 out of 5

Language : English
File size : 4854 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 49 pages



Recipe 1: Kokis

Kokis is a popular Sri Lankan sweet that is deep fried to crispy perfection. It is made using a traditional mold that gives it a unique shape. The key ingredient in this recipe is coconut oil, which adds a rich flavor to the crispy snacks. Serve Kokis with a cup of hot Ceylon tea for a delightful experience.



Recipe 2: Kavum

Kavum is a sweet treat made with rice flour and jaggery syrup. It is deep-fried until golden brown and has a crunchy texture. The use of coconut oil in this recipe not only enhances the taste but also provides a wonderful aroma. The combination of rice flour, jaggery, and coconut oil creates a deliciously addictive dessert that you won't be able to resist.



Recipe 3: Athirasa

Athirasa is a traditional Sri Lankan sweet that is made with rice flour, jaggery, and coconut oil. These delectable round discs are deep-fried until they turn golden brown. The use of coconut oil gives Athirasa a unique flavor and helps achieve the perfect texture. These sweet discs are enjoyed by people of all ages during the New Year festivities.



Recipe 4: Aluwa

Aluwa is a Sri Lankan sweet made with rice flour, jaggery, and coconut oil. It is flavored with various ingredients such as cashew nuts, raisins, and cardamom. Aluwa is typically cut into diamond-shaped pieces and enjoyed with a cup of tea. The addition of coconut oil adds richness to this delightful sweet, making it irresistible.



Recipe 5: Watalapam

Watalapam is a unique Sri Lankan dessert that is made with coconut milk, jaggery, and a blend of aromatic spices. While coconut milk is the primary ingredient, the use of virgin coconut oil infuses a subtle coconut flavor into this creamy dessert. Watalapam is commonly served chilled and is a favorite among locals and tourists alike.



Sri Lankan New Year is a time for celebration, traditions, and mouthwatering sweets. The use of coconut oil in these recipes not only adds a wonderful aroma and flavor but also provides numerous health benefits. Whether you're a Sri Lankan or someone looking to explore new cuisines, these delicious coconut oil sweets will undoubtedly impress your taste buds. So, gather the ingredients and start making these amazing Sri Lankan New Year sweets at home!



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This book will mind blow you and change your life for ever .

These delicious recipes are prepared with healthy ingredients such as Coconut, Coconut oil, Coconut Milk , Scraped Coconut and Spices. Hence these are definitely recipes for someone looking for different flavor or taste.

Recipes are based on traditional Sri Lankan sweets and food that are famous during Srilankan Singhalese and Tamil New year . Theses recipes are easy to make, delicious and awesome .

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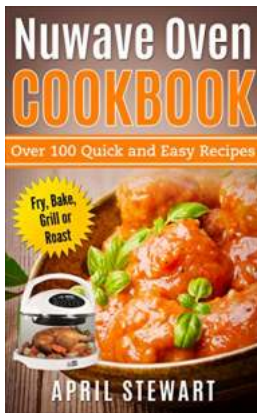
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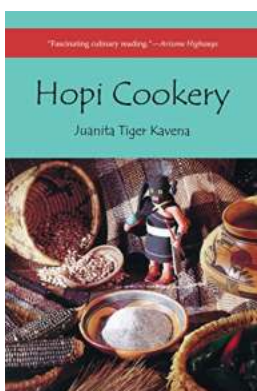
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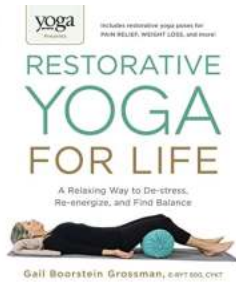
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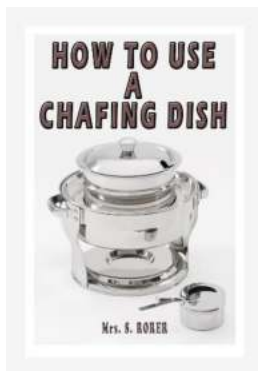
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