

Oundé - Semolina Balls

Mum's signature treat! Those sweet semolina balls are a treasured Mauritian treat, my Mum used to bring them to us after birth, and they were always a highlight! Flavoured with coconut, cashews, almonds, or cardamom, they're the perfect snack. And yes, they're a popular favourite at festivals and celebrations - easy to make and always a hit!

Semolina's a superfood for new mums!

Replenishes iron post-childbirth

Provides sustained energy for those sleep-deprived nights

Supports lactation with protein, fibre, and B vitamins

Easy to digest, perfect for sensitive postpartum tummies

Makes: 30 balls

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

1. 1 cup roasted semolina - for nutty flavour
2. ½ cup brown Sugar (or to taste)
3. 1 to 2 cups milk (keep adding milk until semolina is cooked) Vegan can use almond, coconut or oat milk
4. 1/3 cup Shredded coconut
5. 1 tablespoons vanilla essence

Instructions:

1. Roast semolina over low heat, stirring regularly, until it's nicely browned.
2. Add sugar, vanilla essence, 1 cup milk, and coconut. Cook, stirring slowly, until the semolina's cooked through.
3. Check the texture - if it's still grainy, add more milk and cook until it's smooth.
4. Once cooked, let it cool.
5. Shape into small balls and top with shredded coconut.

Bon Appétit!