



Badam Kaju Barfi

14 Nov 2016 25 Min

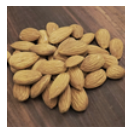
Details

This energy dense and mouth watering recipe is full of healthy nutrients like protein, calcium and iron.

Ingredients



50.0 Gm(50.0 gm) Cashewnut



50.0 Gm(50.0 gm) Almond



1/4 Cup(51.0 ml) Nestlé A+ Milk



2.0 Tbsp(19.0 gm) Sugar



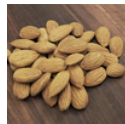
1.0 Tbsp(10.0 gm) Khoa



1.0 Tbsp(9.0 gm) Milk Powder



1.0 Chopped Tsp(2.0 gm) Cashewnut



1.0 Chopped Tsp(3.0 gm) Almond



1/8 Powder Tsp(0.24 gm) Green Elaichi



2.0 Tsp(8.0 gm) Ghee

Method (Step-By-Step)

• Preparation

Soak 50 gm each of cashewnut and almonds and grind to make a coarse mixture. Keep aside.

• For Barfi

In a pan, heat 2 tsp ghee,

- To that add 1/4th cup Nestlé A+ Milk, 1.5 tbsp sugar and allow it to dissolve.

- Add prepared nuts powder. Stir and mix continuously.
- Once the mixture is blended well, add 1/8 tsp elaichi powder, 1 tbsp Nestlé A+ Milk powder and 1 tbsp khoa.
- Allow the mixture to thicken while mixing well.
- In a greased tray, spread chopped badam and cashewnuts. Transfer the mixture in the tray and spread evenly.
- Allow it to set.
- Cut into squares and serve