# DietCloud – Recipe

**Recipe Name:** 7 Cups Burfi Recipe
**Diet Type:**
**Course:** Dessert
**Cuisine:** Indian
**Quantity:**




## Ingredients

| Ingredient | Quantity |
|---|---|
| | 2 |

## Preparation

• To begin making 7 Cups Burfi, we have to sieve the besan and keep it aside.
• Grease a plate with ghee and keep it ready for pouring the prepared burfi.

• Turn off the heat, empty the roasted besan to a plate.

• Stir well until the sugar melts.

• As the mixture starts getting thicker, add the cardamom powder.
• The batter will now froth up well, will become thick and will start leaving the pan.
• At this stage, turn off the heat and pour it into the greased plate and spread it.

• Pat the cake gently with the back of ladle to make it even and smooth.
• Let it cool for few minutes and cut it into a desired shape.
• Let it cool completely.
• Now take out the cut pieces and store in an airtight container.
• 7 Cups Burfi is ready to be savoured.

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## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|---|---|---|---|---|---|