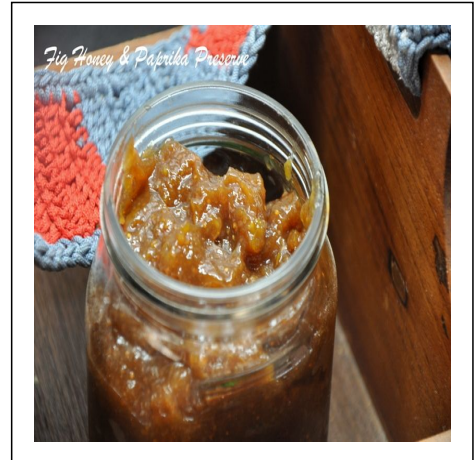


Recipe Name: Fig Honey & Paprika Preserve Recipe
Diet Type:
Course: Snack
Cuisine: Malabar
Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Fresh Figs	20
• 1/4 cup Lemon juice	
• 1 teaspoon Lemon zest	
• 2 teaspoon Red Chilli flakes	
• 1/2 cup Honey	
• 1/4 cup Brown Sugar (Demerara Sugar)	

Preparation

- To begin making the Fig Honey & Paprika Preserve Recipe, wash and chop the figs and let them dry. Add honey and figs in a heavy bottomed saucepan and cook on high heat for about 5 minutes till the figs begin to caramelize a bit.
- To this stage, add the sugar.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
60	0	15	0	2	12