

Recipe Name: Pista Burfi Recipe - Indian Spiced Pistachio Fudge

Diet Type:

Course: Dessert

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Pistachios	8
• 1/4 cup Fresh coconut - grated	
• 1 cup Sugar	
• 1 teaspoon Cardamom Powder (Elaichi)	

Preparation

- Once soaked, drain the water and blend the pistachios along with the coconut in the blender until you can a almost smooth burfi mixture.
- Keep the mixture asi.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	4	30	12	2	20