

Recipe Name: Guilt Free Coconut Barfi Recipe
Diet Type:
Course: Dessert
Cuisine: North Indian Recipes
Quantity: 1 piece



Ingredients

Ingredient	Quantity
• 1/2 cup Badam (Almond) - powdered	3
• 15 Dates - seedless	
• 3/4 cup Dessicated Coconut - + little extra for garnishing	
• 3 tablespoons Milk	
• 1 tablespoon Ghee - /clarified butter + a little extra for greasing the plate	
• 1 teaspoon Cardamom Powder (Elaichi)	

Preparation

- To prepare Guilt Free Coconut Barfi, get ready with all the ingredients and grease your plate or pan where you will be removing your barfi dough to cut into shapes.
- Make almond powder.
- I prepared the powder at home in a mixer grinder, you can also use stor.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	3	20	7	2	10