

Barfi – Apnee Sehat Style

Recipe provided by South Warwickshire Dietetics Service

Ingredients

- 300g full fat milk powder
- 150g skimmed milk powder
- Coriander pods or vanilla (optional)
- 1.5 cups water
- 100g ground nuts – pistachio, almonds or cashew
- Granulated sweetener to taste
- Chopped nuts (optional)

Method

- Use a saucepan with a heavy bottom
- Mix the milk powder with the water
- Add a crushed coriander pod or vanilla seeds if using
- Heat and bring to the boil
- Add the ground nuts
- Turn down the heat and simmer gently, stirring, until the mixture is a very thick paste
- Add the sweetener to taste.

Spread into a lightly greased baking tin. Sprinkle with chopped nuts - if using. Cool, then place in the fridge to set for 6 hours. This barfi can be cut into squares.