



Season to taste

A JOYFUL HOLIDAY CAMPAIGN

Mango burfi



makes 9



1.5 hours



INGREDIENTS

80g finely ground oats or oat flour

80g ground dessicated coconut + 1 tablespoon
for garnish

125g tinned mango pulp or pureed fresh mango

10ml date syrup or sweetener (depending on
how sweet the mango pulp is)

½ teaspoon cardamom powder or cinnamon
powder (optional)

pinch of salt

Additional notes

Recipe provided by Sareta Puri.

METHOD

Line a baking tray - you want this to fit in your
fridge.

Heat a frying pan then add the oats and
toast gently.

Add the 80g of ground coconut and salt. Mix
and cook for a minute or two until it lightly
browns. Turn off heat.

Put the mango pulp in a bowl with the
cardamom or cinnamon then slowly stir in the
oat and coconut mix. You want a thick
dough like texture so be careful adding the
mango - go bit by bit. If it gets too wet you
can add more ground oats.

Transfer to a lined baking tray.

Press it down gently and roll out into a square
or rectangle and put in the fridge for at least
an hour to firm up.

Slice into small squares to serve.