

Vegan Mango Burfi (Mango Fudge Bars)

Equipment

Measuring cups
Measuring spoons
Large pan/skillet
Mixing spoon
Baking tray and paper
Blender
Spatula

Ingredients

¼ cup finely ground oats or oat flour
¼ cup finely ground cashews
1 to 2 tablespoons ground sugar
1/3 cup coconut flour
a pinch of salt
½ cup + 2 tablespoons mango puree
½ teaspoon vanilla extract

How TO MAKE IT:

- 1 Dry roast oat flour in a skillet, for 3 to 4 minutes on medium low heat.
- 2 Add cashews, coconut flour, salt and mix well for half a minute to incorporate all the flours.
- 3 Add sugar, mango puree, vanilla, and mix well. Keep mixing and the mixture will thicken considerably within a minute or 2. Taste carefully and add more sugar if needed. Mix and take off the heat.
- 4 * If the mixture seems like it is too liquidy/sticky, add more coconut and oat flour a teaspoon at a time and mix in. If too thick, add more mango puree and mix in.
- 5 Drop the mixture on parchment and press down with a clean spatula. Shape into a square and chill for an hour. Slice and serve.

