Snack, Indian

Fig and Date Nut Barfi Squares

Smooth fig and date paste is cooked down with ghee, then studded with almonds, cashews, pistachios and fragrant cardamom before being pressed into sliceable squares.



Vegetarian | Gluten free

45 min	140	22 g	15 g
time	calories	carbs	sugars

Ingredients, 10 servings

- [ ] 1 cup (about 15 figs) dried figs (chopped)
- [ ] 1 cup (about 18 dates) pitted dates (chopped)
- [ ] 1 tbsp water
- [ ] 1 tbsp sunflower oil
- [ ] 1 tsp ghee
- [ ] 3 tbsp almonds (finely chopped)
- [ ] 2 tbsp cashews (finely chopped)
- [ ] 2 tbsp pistachios (finely chopped)
- [ ] 3 pods green cardamom pods (seeds extracted and finely crushed)

Nutrition Facts

Per serving

Calories	**140**
Total fat	6 g
Saturated fat	1 g
Sodium	0 mg
Total carbs	22 g
Fiber	3 g
Total sugars	15 g
Protein	3 g

Method

- [ ] **1** Place the chopped dried figs and chopped pitted dates in separate bowls and pour in just enough hot water to cover. Soak for 15-20 minutes.
- [ ] **2** Drain the soaking water, then blend the figs and dates together in a food processor until smooth, adding 1 tbsp water to loosen the paste.
- [ ] **3** Stir the sunflower oil and ghee together in a small bowl, then warm this mixture in a heavy-bottomed pan over medium heat.
- [ ] **4** Add the fig and date paste and cook, stirring frequently, for about 15 minutes until the mixture dries out.
- [ ] **5** Stir in the finely chopped almonds, cashews and pistachios along with the finely crushed green cardamom pod seeds. Keep cooking over medium-low heat, stirring frequently, for another 10 minutes until the mixture starts to pull away from the sides of the pan.
- [ ] **6** Transfer the mixture to a greased plate or pan and press it down firmly. Leave to cool completely, then cut into squares or diamonds and serve.

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