

Vegan Date & Nut Indian Sweets

Ingredients:

Ingredients for about 25 1-inch balls:

- 400g dried dates
- 150g Almonds
- 150g de-shelled pistachios
- An additional 20g of de-shelled pistachios for garnishing
- 5 cardamom pods

Method:

- De-seed the dates and mash them using a rolling pin, and then further mash with your hands until they become like a dough.
- Finely chop 150g of almonds and 150g of pistachio using a chefs knife or food processor. Refer to the first 2 pictures below for how they should look once chopped.
- Separately crush the additional 20g of pistachio using a pestle and mortar until powdered. They should look like the third picture.
- Remove the skins of the cardamom and grind the seeds.
- Mix the chopped almonds, chopped pistachio and ground cardamom seeds into the date dough using your hands, adding each ingredient slowly until evenly distributed.
- Roll the dough into approximately 25 1-inch balls.
- Spread the remaining crushed pistachio onto a large plate and roll each ball around in the powder until coated evenly.
- Serve in a decorative container in mini cupcake liners.