**Vegan Rajgira Barfi**

**Ingredients:**

1/2 cup Amaranth flour (Rajgira atta)

1/2 loaded cup dried coconut flakes. Pulse in a blender a few times to make coarse flour.

1/8 tsp salt

1/4 tsp cardamom powder

6-7 Tbsp maple syrup

1 tsp coconut oil (optional)

**Method:**

On medium low heat, dry roast the amaranth flour in a skillet for 5-7 minutes. You will smell the fragrance of amaranth flour. Do not over roast.

Add coconut flakes, salt and cardamom powder. Roast for another 1-2 minutes so the coconut flakes release some oil. Mix well.

Add the maple syrup into the flour mixture to get a soft dough consistency.

Add the oil, keep mixing and over the heat for a minute. The dough will become less sticky.

Transfer the dough onto parchment paper and flatten it out using a spatula or hands..

Sprinkle almond slivers or coconut flakes on top of the barfi and pat down. Cut the barfi with a pizza-cutter or knife.

Let cool and serve. Eat the same day or store in an airtight container for 4 days. Overtime, the *barfi* will dry a little. Let cool for a bit, then cut up into desired shapes. Cool and store in airtight container for a few days.

*Adapted from www.veganricha.com*

“Amaranth is a gluten-free food and a source of complete protein—it contains all the essential amino acids, including lysine, which is lacking in most grains. High in fiber and a good source of magnesium and iron, Amaranth is a spectacular addition to your diet.” – *http://www.bobsredmill.com/*