**Vegan Kesari Peda**

**Ingredients:**

*Oats are widely accepted as nutritional powerhouses for dietary fiber and protein. Oats contain a special type of fiber that is especially good for the reduction of cholesterol called beta-glucan. Beta-glucans also aid in the support of the immune system and can help regulate blood sugar. –www.bobredmill.com*

*Coconut flour is a good source of iron,*

*protein and dietary fiber.*

*—www.livestrong.com*

1 Tbsp coconut cream

1/4 tsp saffron strands *(kesar)*

1/4 cup finely ground oats or oat flour

1/4 cup finely ground cashews

1/3 cup coconut flour

1/8 tsp of salt

1/4 tsp ground cardamom *(elachi)*

6 Tbsp maple syrup

2 Tbsp coconut oil

12 half pistachios (optional)

**Method:**

Warm up the coconut cream in a small bowl. Mix the saffron strands in the cream and let it sit for 5 minutes.

On medium low heat, dry roast the oat flour in a skillet for 3-4 minutes. Stop once the colour becomes slightly beige. Do not over roast.

Add ground cashews, coconut flour, salt, and cardamom to the oat flour. Mix well for half a minute; you will smell the coconut flour. Remove from stove.

Add maple syrup, coconut oil, and the coconut cream with kesar. Mix quickly until the mixture forms a soft dough. It is okay if the dough may is crumbly.

Form the dough into small balls (*peda* shape). If the mixture is too dry, add one teaspoon of coconut cream.

For decoration, press one half pistachio into each ball.

Eat warm or after they have cooled. Eat the same day or store in an airtight container for 4 days. Overtime, the *pedas* will dry a little.

***Tip:*** To make coconut cream, simply take a can of coconut milk and put it into the fridge overnight. The next day flip the can upside down and open the can. You will find a liquid, drain it out or save it for other recipes. The remaining thick cream is coconut cream. If you don’t have coconut cream, try the recipe with coconut/almond/soya milk.

 *Recipe by Towards Ahimsa Inc. adapted from www.veganricha.com*