Iqbal’s Goji Berry Barfi

100g cashews

100g ground almonds

100g linseed

100g goji berries

250g sugar

200ml water

2 tbsp ghee or butter

¼ tsp cardamom powder (optional)

A few drops of rose water (optional)

Grind all the nuts, linseed and goji berries together.

Add sugar to a pan of hot water and bring to the boil.

Add any optional ingredients if you are using them.

Keep stirring until thread consistency if reached.

Add the ground nut and see mixture and roast for a couple of minutes.

Continue stirring until everything comes together like a dough.

Place the mixture on greaseproof paper and cover with another sheet of greaseproof paper.

Flatten with your hands, then roll with a rolling pin to about 1cm thick and cut into diamond shaped.

Enjoy a nourishing homemade snack rich in healthy fats, fibre and natural energy that keeps you feeling satisfied.

Shared by Harjinder Kaur, Community Leader, on behalf of one of the members from the Satrang Peer Support Group, Wolverhampton. Images used with permission.