

# Vegan Mango Burfi. Mango Fudge Bars. Indian

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mango-bars-recipe-indian>

## Ingredients:

- 1/4 cup ground oats finely, or oat flour
- 1/4 cup ground cashews finely
- 1/3 cup coconut flour loaded
- 1 pinch salt
- 2 tablespoons sugar ground, depends on the sweetness of the mango
- 1/2 cup mango puree ripe mango pureed, for best results use thick canned mango puree or pulp, sweetened or unsweetened
- 1 pinch cardamom or saffron or 1/2 tsp vanilla extract or omit

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 21 grams
3. Fat: 13 grams
4. Fiber: 3 grams
5. Protein: 5 grams
6. SaturatedFat: 7 grams
7. Sodium: 80 milligrams
8. Sugar: 11 grams

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