

Traditional Indian Sweets for Diwali

Makes approximately 60 small sweets

½ tin of condensed milk
500g chopped dates
125g ground almonds
¼ cup desicated coconuts

Put the condensed milk, dates and almonds in a heavy non-stick pan and heat gently.

Stir continuously until the mixture becomes a soft sticky lump (this can take a while, up to 20 minutes).

Set aside and allow the mixture to cool. Then using a teaspoon, take a small amount of the mixture (about the size of a 50p) and roll between your palms into a ball.

Finall roll each ball in the desicated coconut and place in a small sweet case. Chill in the fridge before serving.

