

Fig Mousse (Sugar Free) Recipe

Ingredients

- 250 gm dried Anjeer (figs), for 2-3 hours soaked them in water
- 8 gm China grass
- 1/2 tsp Dalchini (cinnamon)
- 1/4 cup Skimmed milk powder
- Walnuts, chopped to garnish



Instructions

1. Place the anjeer (with whatever liquid it has) in a pan with the china grass and cook till anjeer is tender and the china grass has dissolved (for about 1/2 an hour). Adjust water as it cooks, there should be enough liquid to cover the anjeer after it is cooked through.
2. Take the pan and off the heat, mix in the dal chini and leave to cool.
3. When cool enough to handle, add the milk powder and blend in a blender and transfer into the serving dish.
4. Garnish with the walnuts and refrigerate till set.
5. Serve chilled.