

Fruit Sandesh with No Added Sugar



Ingredients

2lt Cow's Milk
1 tbsp Lemon juice
1 tbsp Summer Fruit or Mango Puree
1 tbsp sweetener (if needed)

Summer Fruit Puree

1 punnet Strawberries
1 punnet Raspberries

*Place in a heavy bottom pan and heat.
Allow these to cook down until a thick
consistency.*

Method

- Bring the milk to boil in a heavy bottom pan.
- Remove from heat and add the lemon juice till the milk curdles.
- Transfer the milk to a muslin cloth and drain off the whey (approx. 15 minutes).
- Divide the curd into two parts (one part $\frac{1}{3}$ and the other part $\frac{2}{3}$).
- Add a tbsp of fruit puree and sweetener (if required) to the $\frac{2}{3}$ curd portion.
- Cook this $\frac{2}{3}$ portion of the mixture until it becomes drier and more powdery.
- Allow to cool.
- Combine with the remaining $\frac{1}{3}$ and mix well.
- Press into a tray and leave to refrigerate for 30 minutes.