



No-Cook Chocolate Cashew Fudge

Recipe created by Carlene McIntyre

This fudge recipe is easy to make, tastes delicious, and the ingredients are full of phytonutrients and antioxidants.

Ingredients

- 3 cups dates, pitted
- 1 ¾ cups raw unsalted cashews
- ¼ cup cacao powder (or cocoa powder)
- 1 cup hot water

Topping, if desired

- Raw walnut halves or other nuts, seeds, shredded coconut

Preparation

1. Soak the dates in hot water until softened.
2. Line an 8-inch square pan with parchment paper.
3. Process the cashews in a food processor using the S-blade until the texture is a fine meal or powder.
4. Place the processed cashews in a bowl and stir in the cacao powder.
5. Drain the dates and add them to the food processor. Process using the S-blade until a smooth paste forms. Add the cashew-cacao powder mixture and process until well mixed.
6. Pour into the lined pan. If using a topping, add it now. Slightly press down after placing the topping to keep it in place. Freeze until firm (1-2 hours).
7. Remove the fudge from the pan by lifting out the edges of the parchment paper. Slice into small pieces. Serve frozen or slightly thawed.

Notes

- I usually soak the dates in hot water for 10 minutes.
- Store in the freezer in an airtight container.