

HEALTHY CHOCOLATE FUDGE

SERVES 6

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2 ounces unsweetened dark chocolate (4 squares of a Sunspire bar)
1 cup raw cashew butter or raw almond butter (the smoother, the better)*
4 pitted dates
¼ cup pure maple syrup, Grade A or Grade B
2 teaspoons pure vanilla extract
pinch salt

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1. Place the squares of chocolate on the bottom of the bowl and then the nut butter on top in a double boiler or a glass bowl over a saucepan of simmering water. Stir to combine until melted and well blended.
2. Meanwhile, combine the pitted dates, maple syrup, vanilla, and salt in a food processor. Process until well combined.
3. Add date mixture to chocolate mixture, and stir to combine well using a wooden spoon or spatula. Or if your food processor is strong enough, put the chocolate mixture in the food processor and pulse to combine.
4. Pour into a parchment-lined loaf pan (8 1/2 x 4 1/2 or 9 x 5)** and refrigerate until firm, at least a few hours. Cut into squares and serve. Store in refrigerator.

Notes: nice topped with flaky sea salt

*the best consistency will be realized with Living Tree Community Foods raw cashew butter

**to double use an 8 x 8 or 9 x 9 pan.