

Christmas - Clean

MAPLE FUDGE



INGREDIENTS

- 1 1/2 cup pitted firm dates
 - 1/4 cup maple syrup
 - 1/3 cup smooth almond butter
 - 1 tsp vanilla powder/alcohol-free vanilla extract
 - 1/2 tsp ground cinnamon (optional)
 - 1/4 tsp ground cardamom (optional)
- making.

DIRECTIONS

Add the dates, maple syrup, almond butter, vanilla and spices (if using) to a food processor. Process for 2 to 3 minutes until the mixture forms a ball.

Line a 6-inch baking tin or equivalent container with non-stick parchment paper.

Using a wet spatula, press fudge batter out until smooth and even. Cover and place in freezer for 2 hours or overnight.

To serve, remove from freezer and cut into squares. Best served cold and stored in the freezer.

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SERVES: Makes 14-16 pieces

CREDIT: <https://www.medicalmedium.com/>