



DARK CHOCOLATE DATE & NUT BUTTER FUDGE

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

20 medjool soft dates, pitted
140 grams nut butter of your choice (I like to do half almond, half peanut)
2 teaspoons vanilla essence (optional)
100g dark chocolate (I used Green & Black)
Sea salt

METHOD

- Line a baking tray or pyrex dish with parchment paper.
- Put the dates, nut butter and vanilla essence in a food processor.
- Pulse for 2-3 minutes until mixed to a paste.
- Pour the fudge mixture into the prepared dish and spread evenly.
- Use your fingers to spread into the corners.
- Melt the chocolate in a bain-marie.
- Pour the chocolate over the fudge.
- Add a pinch of sea salt to the top of the chocolate.
- Put in the freezer for minimum 30 minutes to set.
- Use a sharp knife to cut the fudge into pieces.
- This fudge will keep really well in the fridge or freezer.

PREP TIME

Prep time: 10mins

Setting time: 30mins

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