

Carob Fig Frozen Fudge



Total:

15 minutes

Sirve:

15 servings

Pieza:

3.5 Qt. Double Walled Bowl

small mixing bowl

medium mixing bowl

Bake and Roast Pan (9 x 13)

Valora: ☆☆☆☆☆

Contribuido por:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic plant-based diet that is both simple and delicious.

www.marniwasserman.com

[Agregar un Comentario](#)

Descripción de la Receta:

This frozen dessert is incredibly refreshing, energizing, and naturally caffeine free! It is a delicious summer treat, especially when you are on the run and want an energizing snack to get you going.

1 cup
figs
(225
g)
1 ½ cups
filtered water
(355
mL)
1 tablespoon
pure vanilla
(15
mL)
½ - 1 cup
nut butter (almond or sunflower)
(125 - 250
g)
½ - 1 cup
carob powder
(43 - 86
g)
½ cup
hemp seeds

(60
g)

Preparación :

1. Place figs in bowl. Cover with water and let soak for an hour, until soft. Drain liquid and reserve.
2. In a blender, blend the figs and vanilla until smooth. Slowly add soaking water as needed to form creamy consistency.
3. Transfer fig mixture into large bowl, add the nut butter, and stir to combine.
4. In small bowl, mix the carob powder and hemp seeds.
5. Gradually add the dry carob mixture into the wet fig mixture. Stir well.
6. Press mixture evenly into bake and roast pan, 1-inch (2.5 cm) thick, and freeze until firm; approximately 3 hours.
7. To serve, cut into 1-inch (2.5 cm) squares. Sprinkle with additional hemp seeds, if desired.

Consejos:

- Carob comes from pods - just like chocolate - but tastes nothing like it. It is rich in calcium, iron, and has no caffeine. It has a nutty flavor and goes perfectly with hemp seeds. Hemp seeds are high in protein and are great for healthy hair, skin, and nails.

Información nutricional por ración

▼
Calorías: 175
Grasa Total: 12g
Grasa 1g
Saturada:
Colesterol: 0mg
Sodio: 5mg
Carbohidratos: 13g
Fibra 2g
Dietética:
Azúcar: 6g
Proteína: 5g