

Carob Fig Frozen Fudge



Total:

15 minutes

Makes:

15 servings

Utensil:

3.5 Qt. Double Walled Bowl
small mixing bowl
medium mixing bowl
Bake and Roast Pan (9 x 13)

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Recipe:

Contributed By:

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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.
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Recipe Description:

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)
cup

½ hemp seeds
(60

g)

Directions:

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.

Tips:

- 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.

Nutritional Information per

▼ Serving

Calories: 175
Total Fat: 12g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 5mg
Total 13g
Carbs:
Dietary Fiber: 2g
Sugar: 6g
Protein: 5g