

Carob Fudge

This is a nice frozen treat to keep you cool during the summer months.

The recipe comes from www.pathlights.com.

1/4 cup	water
1/2 cup	peanut butter
1/2 cup	dates
2 tbsp.	honey
1 tsp.	vanilla
1/2 cup	carob powder
1/2 cup	sesame seeds
1/2 cup	sunflower seeds
1 cup	coconut

1. Warm water, peanut butter, dates, honey, and vanilla in saucepan until well blended.
2. Mix dry ingredients including carob powder, sesame seeds, and sunflower seeds in separate bowl. Add warm ingredients and mix well.
3. Press onto a flat tray and top with coconut.
4. Freeze, slice, and enjoy.

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Shopping List

Carob Fudge

<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>PLU #</u>
peanut butter	1/2 cup	_____
dates	1/2 cup	_____
honey	2 tbsp.	_____
vanilla	1 tsp.	_____
carob powder	1/2 cup	_____
sesame seeds	1/2 cup	_____
sunflower seeds	1/2 cup	_____
coconut	1 cup	_____

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