



Cashew Butter Freezer Fudge

20 servings

5 minutes

Ingredients

- 1 1/2 cups Cashew Butter
- 1 cup Maple Syrup
- 1/4 cup Coconut Oil
- Sea Salt (for topping)

Nutrition

Amount per serving	
Calories	178
Fat	12g
Carbs	16g
Fiber	0g
Protein	3g

Directions

- 1 In a food processor, blend all ingredients (except the salt) until completely smooth.
- 2 Line a loaf pan with parchment paper that hangs over the side. Spread the mixture into the pan evenly, sprinkle with sea salt and freeze for an hour.
- 3 Sprinkle with sea salt flakes, cut, and serve or store in the freezer. Cut into 20 squares.

Notes

Homemade Cashew Butter: In a food processor, blend 2 1/4 cups cashews, scraping down the sides after each minute for about 5 minutes. The natural oils in the cashews will come out and form into a butter like consistency!