

Chocolate Tahini Fudge



In need of a sweet treat that won't set you on a guilt trip? This fudge is so scrummy you'll find it hard to believe it's so healthy. Rich in protein, essential fats and with no added sugar, this makes a wonderful treat for the whole family. Using the Essential Tahini, Chocolate Drops and nutritious protein-rich nuts, this is simple to prepare and absolutely delicious. You can also serve it frozen; cut into little squares and place in the freezer for 3-4 hours to harden. It's ideal for spoiling yourself - and others - at Christmas.

Suitable for Vegetarians & Vegans, Gluten-Free, Wheat-Free, Soy-Free, Dairy-Free, Egg-Free, Sugar-Free

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Preparation Time: 15 minutes

Chilling Time: 3-4 hours

Storage: Keep in the fridge for up to 1 week

Freeze for up to 1 month

Ingredients (Makes 20 pieces)

200g / 7oz Essential Pecan nuts

200g / 7oz Essential Walnuts

Pinch of ground cinnamon

200g / 7oz Essential Chocolate Drops

75g / 3oz Essential Light Tahini

150g / 5oz Essential Pitted Dates

Instructions

1. In a high speed blender or food processor grind up the nuts until fine. Place in a bowl with the cinnamon.
2. Put the chocolate drops in a pan with the tahini and melt over a low heat.
3. Place the dates in a blender with the melted chocolate and process to form a stiff paste.
4. Add the paste to the ground nuts and combine thoroughly using your hands to make sure it is completely mixed. It should form a soft dough.
5. Place the mixture into a lined 20cm / 8inch shallow square tin and press down firmly.
6. Chill for 3-4 hours until hard. Cut into chunks to serve.

Tahini is made from sesame seeds and is highly nutritious.

Not only a rich source of protein, it contains a wealth of nutrients including omega 6 essential fatty acids, vitamins and minerals.

Rich in B Vitamins: A good source of B vitamins including Thiamin, B1, B6 and folate. 100g (5 tbsp) of Tahini supplies nearly half of your daily folate needs. B vitamins, particularly folate can help lower homocysteine levels in the body, reducing the risk of heart disease. Homocysteine is an amino-acid like substance that at high levels can damage the lining of blood vessels, making them more susceptible to plaque build up. High levels of have been linked to depression and mental fatigue as well as an increased risk of osteoporosis.

Calcium & Magnesium Booster: Tahini is a valuable non dairy source of calcium, magnesium and zinc, all important minerals for maintaining bone density and preventing osteoporosis. Just 1 tbsp contains over 50% of your daily calcium requirements and 80% of your daily magnesium requirements. Calcium & magnesium are also important for heart health, lowering blood pressure and treating the symptoms of premenstrual syndrome & period pain. Magnesium is a great calming mineral too, so if you're feeling stressed - make sure you include tahini in your diet.

Essential



Making the Most of Tahini

Tahini can be used in a variety of sweet and savoury dishes. A key ingredient in hummus, Baba ghanoush (aubergine dip), falafels and other Middle Eastern foods, it makes a delicious sauce for accompanying vegetable dishes.

- Delicious in dressings for salads or as a healthy alternative to mayonnaise for coleslaws and potato dishes.
- Try blending it with a little lemon juice, garlic, olive oil and water and tossing through salads or lightly steamed vegetables.
- Its creamy texture makes a great dairy free alternative, ideal for enriching soups and stews or creating creamy sauces for pasta and noodles.
- Tahini makes a wonderful spread instead of butter or margarine on crackers, oat cakes or wholegrain breads. Try it on toasted pumpernickel with chopped bananas for a sweet treat or combined with miso for a savoury snack.
- Tahini is perfect in baking – add it to muffins, breads, cakes and biscuits or use it to enrich puddings and sweet sauces.
- Its rich, smooth texture makes it perfect for sweet treats like halvah and fudge as well as creamy smoothies and shakes.
- For a quick tasty dessert, spoon a tablespoon into some Greek yoghurt and top with some fruit and toasted nuts or seeds.

Nutritional Information

	Per square	Per 100g
Calories:	232kcal	562kcal
Protein:	3.8g	9.3g
Total Fat:	18.9g	45.8g
of which saturates	3.3g	8g
Carbohydrates:	11.5g	27.9g

Christine Bailey is a well known Nutritionist, Coach, Chef & Food and Health Trainer. She has over 16 years experience in the food & health industry working with a wide range of clients from Corporates, Local and Health Companies to National Charities, Local Authorities and private clients. During her extensive training she gained a First Class Honours BSc in Nutritional Therapy at the Centre for Nutrition Education and Lifestyle Management, a MSc in Sciences, Professional Chef qualification & Professional Teaching qualification PGCE in food, health and nutrition.



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