

Maca Chocolate Hazelnut Freezer Fudge

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1/4 cup hazelnut butter
- 1/4 cup raw cacao powder
- 1/4-1/3 cup maple syrup*
- 1 cup cashews (you don't need to soak them)
- 1 tbsp maca powder**
- Half a can (498mL) of full-fat coconut milk***
- 1/4 cup hazelnuts, chopped

Instructions:

1. Place all the ingredients into a high powder blender and give a whirl until smooth and creamy.
2. Line a loaf pan with parchment paper. Pour into loaf pan. Top with hazelnuts. Freeze for 3 to 4 hours until totally solid.
3. Slice into bars or squares -- whatever you heart desires!

Notes:

Serves 6-8 *I suggest adding the smaller amount first and giving it a taste test to see if you like it sweeter. I find it sweet enough with 1/4 cup. **I used New Chapter's Fermented Organic Maca Powder. ***Use all the cream and some of the liquid. If the liquid and the cream are mixed together, just pour half the can into the blender. Start with a 489mL can of coconut milk.