

Carob Fudge

Joy Barnes

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(You will need to get physical. Use your hands.)

1 Jar natural smooth peanut butter

(I found the Kroger brand makes the best fudge) The measurements will be done in the jar.

1 P.B. Jar of maple syrup

½ P.B. Jar raw sunflower seeds

1 P.B. Jar roasted carob powder

½ P.B. Jar pecan meal

½ P.B. Jar unhulled sesame seeds

½ P. B. Jar finely shredded unsweetened coconut

1 teaspoon ground coriander

2 teaspoons peppermint extract

1 12-ounce box of raisins

- ✓ Heat Peanut butter, maple syrup, coriander, and peppermint in large sauce pan over low heat until softened. Stir until smooth.
- ✓ Remove from heat and add remaining ingredients until thoroughly moistened. You may knead mixture with your hands.
- ✓ Press mixture firmly and evenly into lightly oiled 8 inch square baking dish. Cover with plastic wrap and chill at least a few hours before cutting into squares or slices.