

# Family Recipes III: Carob Freezer Fudge



Last week I introduced the Kearley family, Janice, Stephen, and eight year old Ruth in Changing Your Plate Part III: Lunch. This week in Part IV: Plan Ahead we learned quite a bit from the system Janice has created to keep their plant based pantry stocked, the family well fed, AND staying within her budget!

You know some days a sweet treat at lunch (or anytime for that matter) is a welcome surprise. Here is a quick and tasty Carob Freezer Fudge from Angela Liddon's Oh She Glows blog. Janice makes this recipe with exactly that purpose in mind and then takes it up a notch by adding in toasted pecans and coconut. Are you tempted now?

### **Ingredients**

1/2 cup virgin coconut oil, melted

1/4 cup creamy natural almond butter (roasted or raw are both fine)

1/4 cup carob powder, sifted

1 tablespoon unsweetened cocoa powder, sifted

2-3 tablespoons pure maple syrup (or liquid sweetener of choice), to taste

1 teaspoon pure vanilla extract

1/8-1/4 teaspoon fine grain sea salt

1/2 cup gluten-free rice crisp cereal, to add crunch (optional)

[Full Instructions Here](#)

Enjoy it right down to the last square!