



Carrot cake fudge

A little prep for the carrots, but after that, easy as! For dairy free alternative, swap the cream cheese for cashew butter for the filling, or coconut cream - however this may be a little less sturdy than the cream cheese, so may need to adjust amounts. Makes 24 pieces. Per piece: Cal: 162; Fat: 14.0g; Pro: 4.5g; Carbs: 6.4g

Serves: 24, Prep time: 00:10, Cook time: 00:40

Instructions

Preheat oven to 200 degrees, and cut the tops off the carrots, cutting into thirds. Roast in the oven for 35-40 minutes or until roast through. You can add some coconut oil to roast them in, but not essential. Prep a loaf tin or similar, using non stick paper or greasing with coconut oil.

Once cooked, leave to cool. Melt coconut butter to a liquid (this is just toasted dessicated coconut, toasted in oven until golden brown - not long! - and blended in a blender until liquid. Easy as).

Transfer carrots to a food processor and add the almond butter, coconut butter, 125g of the cream cheese, coconut flour, protein powder, cinammon, ground ginger and salt. Blend until smooth.

Ingredients

- 4 Carrot
- 0.5 cups Almond butter
- 1 cups Coconut butter
- 375 grams Cream cheese (13 oz)
- 0.5 cups Coconut flour
- 25 grams Clean Lean Protein powder (vanilla) (1 oz)
- 2 teaspoon Cinammon
- 1 teaspoon Ground ginger
- 0.5 teaspoon Salt, Himalayan
- 1 Lemon
- 0.25 cups Equal Natural Sweetener (Stevia)

Transfer to the prepared loaf tin and pop in the refrigerator to set slightly whilst you make the topping. Zest and juice the lemon.

Clean out the food processor and blend the remaining ingredients (cream cheese, lemon zest and juice and stevia) until well blended. Spread evenly on top of the fudge and put back into the refrigerator until set. Cut into 24 pieces.

