

# Tahini Cacao Fudge

*By Chef Vanessa Marx*

## INGREDIENTS

- ¾ cup shredded coconut (you can also add/substitute some chopped nuts or dried fruit if you'd like)
- ¼ cup coconut oil
- ⅔ cup tahini (sesame paste)
- 3 Tbsp raw honey or pure maple syrup
- ⅓ cup raw cacao powder
- 2 pinches of good quality sea salt
- Optional extras: collagen/adaptogenic mushrooms powder/rose water (2ml) or any other supplements you usually add to your daily routine

## METHOD

1. To toast the coconut, heat a pan over a medium heat. Add the coconut, reduce heat to low. Toast for 3 mins, tossing regularly until golden brown. Take off the heat and transfer coconut to a bowl to cool.
2. Line a small dish (15-20cm square) with baking paper and set it aside so it's ready to pour the mixture into when it's ready.
3. Put the coconut oil into a small sauce pan, and melt on a low heat. Add the tahini and the honey/maple syrup and stir slowly to melt together over a very low heat until combined.
4. Remove from the heat, and stir in the cacao powder until smooth and combined. You can also choose to add any additional ingredients, like a few drops of rose water, cinnamon, collagen powder or other supplements you love. I like using Nootropics adaptogenic mushroom coffee for a boost!
5. Fold the coconut into the mixture, as well as any other extras you enjoy. I like to add seeds, nuts, or dried fruit. You can really make it your own.
6. Pour the mixture into your lined dish, and put it into the freezer to set, around 2 hours.
7. Remove from the freezer and cut into bite sized squares, then store in an airtight jar or container in the fridge.

*Riverhouse*

RESTAURANT