

Chickpea fudge

To curb your enthusiasm for sweet treats this winter, why not try a healthy alternative to the old favourite sweet delight. Here's how to make healthy chickpea fudge:



Ingredients

- ½ cup of melted coconut oil
- 1 cup chickpea flour
- ¼ cup water
- ½ cup coconut sugar
- Three cardamom pods, opened up
- Grating of nutmeg (or ground nutmeg to taste)
- 1/3 cup chopped nuts

Method

1. Line a 10x15 baking tray or a standard bread loaf tin with grease-proof paper. The loaf tin will make a thicker fudge.
2. Place the coconut oil in a non-stick pan and heat gently over medium heat.
3. Add the chickpea flour and stir to form a smooth paste.
4. Toast the mixture in the pan until the chickpea flour gives a subtle nutty aroma, thickens slightly and turns a slight darker shade. This will take about 5 – 10 minutes.
5. Take care not to over-cook and keep stirring while you are toasting the flour consistently.
6. Once toasted, remove from the heat and pour into a bowl and set aside.
7. Now place the coconut sugar, cardamom seeds, nutmeg and water into the same saucepan and stir to dissolve over medium heat. Bring it up to a quick boil and reduce to simmer for about 2 minutes to thicken slightly.
8. Return the chickpea flour mixture to the pan with the syrup and stir to combine. Allow to simmer together for a minute or two to thicken and then add your chopped nuts and stir to combine.
9. Pour the mixture into your prepared tray and allow to set in the fridge for about 2-3 hours or alternatively, 30 minutes in the freezer.
10. Slice into pieces and store in a sealed container in the fridge.

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