



# Tahini Date Fudge with Berries & Mint

This delicious tahini date fudge is sure to satisfy a sweet craving any time of day, with nourishing fats from tahini mixed with hearty sweetness and fiber from dates and berries.

Cooking level: **Intermediate**

**Contains: sesame, tree nuts**

Servings:  
12

Prep time:  
25 minutes

Total time:  
70 minutes



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## What you'll need

- Food processor
- 9" x 9" rimmed baking sheet
- Parchment paper

## Ingredients

- 12 Medjool or Deglet Noor dates,\* pitted, chopped, and soaked for about 20 minutes
- ¼ cup cocoa powder
- ⅓ cup tahini
- 1 tsp. vanilla extract
- ½ cup fresh berries\*
- Fresh mint sprigs
- 1-2 tbsp. ground flaxseed or almond flour\* (optional)

\*Important note: Dates, berries, and nuts may be triggering during flare-ups.

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## Cooking steps

- 1 Drain **12 soaked dates** and place them into a food processor with **¼ cup cocoa powder**, **⅓ cup tahini**, and **1 tsp. vanilla extract**.
- 2 Process the mixture until smooth. The mixture should be easily spreadable, with a peanut butter-like consistency. If the mixture is too runny, add **1-2 tbsp. of ground flaxseed or almond flour**. If the consistency of the mixture is too thick (this can happen depending on the thickness of the tahini that is used), add a splash of water to the mixture and pulse again in the food processor.
- 3 Line a 9" x 9" rimmed baking sheet with parchment paper, and add the mixture, pressing it down until it is ¾" - 1" thick.
- 4 Place in the freezer, covered, for at least 45 minutes. Once set, cut into squares and serve with **½ cup berries** and **fresh mint sprigs**.



## Nutritional info

<b>Tahini Date Fudge with Berries &amp; Mint (1 square)</b>	
Calories	<b>110</b>
Total fat	<b>3 g</b>
Saturated fat	<b>0.5 g</b>
Cholesterol	<b>0 mg</b>
Sodium	<b>3 mg</b>
Carbohydrate	<b>21 g</b>
Fiber	<b>3 g</b>
Sugar	<b>17 g</b>
Protein	<b>2 g</b>