

Adzuki Bean Fudge

Ingredients:

1 can adzuki beans
½ cup brown rice syrup
¼ cup raisins (rinsed and dried)
2 Tbsp. peanut or hazelnut butter
½ cup roasted walnuts (roughly chopped)
1-2 Tbsps. Agar flakes
1 Tbsp. grain coffee
1-2 tsp. vanilla
½ - ¾ cup apple juice
1/8 tsp. sea salt

Description:

Mix beans and rice syrup in a saucepan and cook together on a low flame for 5 minutes. Put in a food processor or hand food mill until creamy. Mix in grain coffee, nut butter, walnuts, raisins and vanilla. Dissolve agar flakes in the apple juice and stir into adzuki mixture. Add the sea salt and cook together on a low flame for 10 minutes stirring constantly. Pour into a cake pan and cool until hardens. Cut into squares and serve.