



# Recipes with Honey



## Sugar Free Chocolate Mint Fudge

This chocolate mint fudge is the perfect after dinner sweet. Present just four or five squares in an attractive box and it will make a wonderful gift.

### Ingredients:

350g (10.5oz) cocoa

Four tbs honey

200ml double cream

One tsp peppermint essence

### Method:

- 1) Melt your honey and cocoa powder together in a medium pan over a low heat. Stir until completely dissolved then remove from the heat and allow to cool for a while.
- 2) Stir in your cream and peppermint essence.
- 3) Lightly grease an 18cm fudge tray and pour your liquid in. Once cool, place in the fridge to set.
- 4) Cut into squares and lightly dust with cocoa powder before wrapping or presenting in a gift box.