Chocolate Cashew Fudge

Prep time	30 minutes
Allergy / Intolerance	Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	Amines Challenge, RPAH Elimination Diet - Amines Allowed, RPAH Elimination Diet – Very High Chemical
Meal type	Sweet Things
Misc	Child Friendly, Pre-preparable, Serve Cold
Occasion	Christmas, Special Occasions

Delicious chocolate cashew fudge.

Ingredients

- 350g dark chocolate (at least 70% cocoa solids, chopped)
- 400g skim condensed milk
- 30g unsalted butter
- 150g unsalted cashews
- pinch salt

Directions

1. Place the chopped chocolate, condensed milk, butter and salt into a heavy-based pan over a low heat and stir until melted and well combined.
2. Place the nuts into a freezer bag and hit them with a rolling pin, until broken up into some large and some small pieces.
3. Add the nuts to the melted chocolate mixture and stir well.
4. Pour the mixture into a 30 x 20cm tray lined with foil, smoothing the top.
5. Let the fudge cool, then refrigerate until set.
6. Cut into 64 small pieces, cutting 7 x 7 lines in the tin to give 64 pieces best achieves this.
7. Once cut, the fudge can be kept in the freezer, and can be eaten without thawing.

Note

Very High Amines, Low Salicylates, Low Glutamates