

Chocolate Nut Spread



Prep time	15 minutes
Cook time	15 minutes
Total time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet – Very High Chemical
Meal type	Breakfast , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

- 1/4 cup Raw cashews
- 1/2 cup Powdered milk
- 1/4 cup Brown sugar (firmly packed)
- 2 1/2 tablespoons Cocoa
- 2 teaspoons Cornflour (wheaten)
- 160ml Milk
- 3 teaspoons Sunflower oil

Directions

1. Preheat the oven to 180°C. Spread the cashews on a baking tray and place in the preheated oven for 6 minutes or until toasted and aromatic. Place nuts in the bowl of a food processor and process until finely ground. Use a mortar and pestle to grind finer, if required.
2. Sift the sugar, corn flour and cocoa into a bowl, add nuts and milk powder and mix well.
3. Transfer the dry ingredients to a saucepan and gradually stir in the milk and oil, and mix well. Cook over medium-high heat until a thick paste forms, stirring constantly to prevent sticking.
4. Remove from heat and transfer the spread to a heatproof airtight container and set aside, uncovered, to cool to room temperature.
5. Store in the fridge, for up to 2 weeks.

Note

Very High/Low Amines, Low Salicylates, Low Glutamates

Variations:

1. For a lower fat version use skim milk powder and low fat milk.
2. Use carob instead of cocoa for a low chemical / failsafe version.