

## Brownie Batter Freezer Fudge - The Guilt-Free Chocolate Treat You'll Crave

Brownie Batter Freezer Fudge ??



**TIME**  
**10 min**

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**ChefManiac**

### INGREDIENTS

1... cups toasted walnuts  
¾ cup hulled hemp seeds  
1¼ cups pitted dates, soaked in hot water and drained  
¾ cup + 2 tbsp cocoa powder  
1¼ tsp vanilla extract  
... tsp sea salt  
2 tbsp maple syrup (optional)  
¾ cup dairy-free chocolate chips (optional)  
1 tbsp non-dairy milk (optional, for melting chips)  
3 tbsp cacao nibs (optional, for crunch)  
Substitutions & Notes:  
Walnuts can be swapped with almonds or pecans.  
Dates provide natural sweetness-Medjool dates work best.  
Add-ins like peanut butter, shredded coconut, or protein powder are welcome!  
Hemp seeds add a nutty flavor and boost nutrition without overpowering.

### DIRECTIONS

1. Prep the Pan: Line a loaf pan with parchment paper so the fudge pops out easily.
2. Soak the Dates: Place pitted dates in hot water for 10 minutes to soften. Drain before using.
3. Blend the Base: In a food processor, pulse toasted walnuts into a fine meal. Add hemp seeds and soaked dates, and pulse until a thick, creamy dough forms.
4. Mix in the Flavor: Add cocoa powder, vanilla extract, and salt. If using, drizzle in maple syrup for a richer taste.
5. Optional Chocolate Boost: If using chocolate chips, melt with non-dairy milk and stir into the mix. Pulse in cacao nibs for added texture.
6. Shape and Freeze: Spread the dough into your loaf pan and smooth out the top. Freeze for at least 30 minutes to firm up.
7. Slice and Enjoy: Remove from freezer and cut into squares. Store in the freezer in an airtight container.

### SWAPS & NOTES

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Dates provide natural sweetness-Medjool dates work best.

Add-ins like peanut butter, shredded coconut, or protein powder are welcome!

Hemp seeds add a nutty flavor and boost nutrition without overpowering.

## TIPS FOR SUCCESS

Use Medjool dates for best texture and flavor.

Taste and tweak -add more cocoa or sweetener if needed.

Chop with a hot knife for clean, neat squares.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/brownie-batter-freezer-fudge-the-guilt-free-chocolate-treat-youll-crave/>