

MUD SPREAD.

Mud spread is made by the Mud Trolls as a treat for special occasions. Crown-ups and children both adore this treat.

The Mud trolls don't like to travel far from their swap, but to collect the Marjoolia fruit, and trade for Kracow (chocolate) with the traders, they need to take a 6 hour journey (each way.)

This is why its only used sparingly for special occasions.

Ingredients

10 soft medjool dates (softer the better)

3x tbs coco butter (or coconut oil, whichever you prefer taste wise)

1 tsp good quality vanilla extract

1 1/2 cup unsweetened chocolate (dark or milk)

A pinch of salt.

Mash the dates into a smooth dough, breaking up the skin fibres as much as possible. (good quality medjool dates are really important)

Melt the coco butter, chocolate and add it to the dough.

Mash all the ingredients together, adding the vanilla extract.

Work the mixture until it gets as smooth and lump free as you can make it.

Once smooth-ish, spoon the mixture into a jar and cool for a few hours (this will be quicker in the refrigerator.

Enjoy on crackers, toast or as part of a dessert.

