

Sarva & Dr. Hansa Medley's Vegan Peanut Butter Fudge



The **Food For Life** program in Houston is organized by the ISKCON Houston Hare Krishna Cultural Center. Every Sunday, volunteers prepare vegan/vegetarian meals to distribute to needy children in Houston. To learn how you can help, please visit: <https://www.iskconhouston.org/ffl.php>

This month, Society of PEACE members **Sarvabhauma Medley & Dr. Hansa Bhakti Medley** share their very popular recipe for **Vegan Peanut Butter Fudge**.

In addition to being a priest at the ISKCON Houston Hare Krishna Temple (www.iskconhouston.org), **Sarva Medley** is a writer, temple teacher & vegetarian caterer and is in the process of publishing a novel. He's also the author of the "**Spirit Soul With Sarva**" blog at The Houston Chronicle (<http://www.chron.com/channel/houstonbelief/commons/spiritsoulwithsarva.html>).

Dr. Hansa Bhakti Medley is a board certified internist with her own medical practice in Houston. She is also the outreach director for the ISKCON Houston Hare Krishna Cultural Center, as well as a teacher and yoga instructor. Hansa & Sarva are both very active in the **Food For Life** program, which provides vegan/vegetarian meals to needy children in Houston.

Vegan Peanut Butter Fudge

Ingredients:

- 1 cup water
- 2 cups organic vegan sugar
- 1 pound of organic peanut butter

Directions:

- Combine the sugar & water and boil to a soft ball stage.
- Take the pan off the heat, and add 1 lb of peanut butter.
- Stir the peanut butter into the mixture, going in one direction (i.e. if you stir clockwise, don't change and stir counterclockwise.). The stirring mixes air into the mixture. As you stir, it thickens and at one point the spoon will be able to stand upright in the mixture without falling.
- Pour the mixture into an un-greased tray and allow to set.
- Cut into pieces when cool.



Note: If you overcook the syrup, the fudge turns out too dry and won't hold. If you undercook it, the fudge maybe too soft, in which case you can add some dry coconut to the mixture or more peanut butter.