



Panocha (Black Walnut Fudge)

Ingredients:

3 $\frac{3}{4}$ cups light brown sugar

Pinch salt

2 $\frac{1}{4}$ cups light cream

3 Tbs butter

1 tsp vanilla

1 $\frac{1}{2}$ cups black walnuts

Directions:

1. Put brown sugar, salt and light cream in a deep pot and cook over low heat until boiling.
2. Rapidly boil, stirring frequently, until soft ball stage, 236 degrees.
3. Remove from heat and let cool without stirring.
4. Add vanilla and butter and beat until creamy.
5. Fold in black walnuts.
6. Pour into buttered pan.

Yields about 3 pounds of fudge. This was a Christmas treat.

Find additional healthy recipes at:

<http://ext.vt.edu/food-health/family-nutrition-program/recipes.html>

<https://blogs.ext.vt.edu/eatsmart-movemore/2017/04/13/2017-spring-recipes/>