

Specific Carbohydrate Diet

# Recipes

Inspiring  
Ideas for  
the Holiday  
Season



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Recipe by *Vonda, SCD mom from IL*

# HONEY CARAMEL

SCD | *gluten free*

## INGREDIENTS

**Makes about 25 pieces of caramel**

- 3 TBSP butter
- 1 cup honey
- 1/8 cup cashew butter
- 1 tsp vanilla (optional)

## DIRECTIONS

1. Heat the butter in a saucepan until brown butter starts forming - just a minute or two in my experience.
2. Remove from heat and add the honey. Put back on the heat and gradually heat up to about 220F (use a candy thermometer), stirring and monitoring constantly. Do not let the temp go up too fast.
3. Remove from heat and add the cashew butter. Use an immersion blender to mix in the cashew butter until smooth and even. If desired, add vanilla and stir.
4. Put back on heat, stir constantly, and heat gradually until 230F-235F is reached for fudge (softer caramel) or 250F is reached for caramel candies (firmer chewy caramel). (See NOTE below for how to verify the caramel is done).
5. Remove from heat. If making caramels, pour into a small glass dish lined with parchment paper (I use a rectangular 3-cup pyrex storage container). Allow to cool and firm up.
6. When cool, scoop out small amounts, roll into a ball (if it is too sticky to roll, it likely was not heated enough), and wrap in a candy wrapper. You can store these at room temp.

## NOTES

The final temp is very important. The lower temperature will produce runnier caramel, the higher temperature will produce something firmer that you can mold into balls, too high, and you will end up with a caramel that is rock solid like hard candy. Because not all candy thermometers read the same, you can test doneness by putting a drop of caramel into a glass of ice water. It will cool quickly and if it finishes at the desired consistency, it is done.



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Image by Jeff Siepman

# CHOCOLATE OR TURTLE FUDGE

Modified SCD | gluten free

## INGREDIENTS

### Chocolate Fudge

- About 110g cocoa butter (about 1/2 cup melted)
- 1/2 cup cashew butter
- 1/3 cup honey (I use a mild honey)
- 1 tsp vanilla extract
- 3/8 cup cocoa powder
- 1 pinch of sea salt

### Turtle Fudge

- SCD caramel
- Modified SCD Fudge
- pecans

## DIRECTIONS

### Chocolate Fudge

1. Melt the cocoa butter in a microwave safe bowl in the microwave - occasionally stopping to stir.
2. Add the cashew butter, honey, and vanilla and whisk until smooth.
3. Add the cocoa powder and salt and whisk until smooth.
4. Pour into a glass pan lined with parchment (I used a 6 cup rectangular pyrex container - about 8x6").
5. Refrigerate for a few hours until firm (unless making the turtle fudge - then follow directions in next recipe).
6. OPTIONAL - add nuts or other ingredients to the fudge before refrigerating.

### Turtle Fudge

1. Make one batch of the Modified SCD Chocolate Fudge and pour into the parchment lined pan, but do not refrigerate yet.
2. Sprinkle pecan pieces over the top of the fudge.
3. Make one batch of the SCD Caramel - heated only to about 230-235F.
4. Let the caramel cool for a bit in the pan until it is no longer burning hot - just soft and warm.
5. Drizzle the caramel over the fudge and nuts.
6. Use a butter knife to swirl the caramel in with the fudge lightly - do not overmix, you just want swirls of caramel and fudge, you don't want them to combine. Refrigerate until firm.
7. I refrigerated over night. It takes longer to firm than the fudge by itself.