



Makes 1 cup
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

1 cup boiling water

$\frac{1}{3}$ cup unsweetened cocoa powder

1½ cups dried, pitted dates, tough ends removed

1 tablespoon brown rice syrup

Pinch salt

$\frac{1}{2}$ teaspoon pure vanilla extract

Fudgy Chocolate Frosting

This frosting goes great on [Double Chocolate Cupcakes](#), but once you get a taste of how delicious it is, you'll find lots of places to use it.

From *Forks Over Knives – The Cookbook*

Find this recipe and more in the *Forks Over Knives Recipe App*.

By Isa Chandra Moskowitz

- 1 Put the boiling water and cocoa powder in a blender. Blend on high speed for about 30 seconds, or until the mixture is relatively smooth. Scrape down the sides of the blender. Be careful not to let steam build up.
- 2 Add the dates, brown rice syrup, and salt to the blender. Blend until smooth, stopping occasionally to scrape down the sides of the blender with a spatula to make sure all the ingredients are incorporated. Add the vanilla and blend until combined.
- 3 Transfer the mixture to an airtight container. Let chill completely, for at least 3 hours, until it becomes firm and spreadable.

Note: Spread the frosting onto cooled cupcakes with the back of a spoon or an offset spatula. You can also pipe the frosting with a pastry bag fitted with a wide metal tip.