
Coconut Keto Fudge

Recipe modified from [The Keto Beginning](#) meal plan and program for women.

2 net carbs per serving.



Low Carbe Diem
[go HOME](#)

Servings: 12

3/4 c coconut oil, softened
1/2 c unsweetened cocoa powder
1/4 c powdered stevia (or equiv)
1/2 c unsweetened coconut flakes
1/8 tsp salt
1/4 c coconut milk (sub almond milk or thin coconut cream)
2 tsps vanilla extract
2 ozs macadamia nuts (about 45 nuts), chopped

DIRECTIONS

Mix together in a large bowl (or use a food processor): coconut oil, cocoa powder, stevia, coconut flakes and salt.

Stir in coconut milk (or coconut cream thinned with water) and vanilla extract.

Fold in the chopped macadamia nuts. Leave the nuts whole for a bolder, polka dot effect.

Pour into a parchment paper lined dish or container. Press fudge gently into the bottom of the container using a spatula.

Place into the fridge until fully hardened. Remove and cut into squares.

Per Serving: 193 Calories; 21g Fat (90.3% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber.

Copyright: LowCarbeDiem.com