

## CHOCOLATE NUT FUDGE



	Ingredients	Exchanges
Protein	5.3 gm NOW Real Food® almond flour	1 (-1.5 gm fat)
Fat	14.8 gm butter, melted	3.25 (-1.5 gm)
Carbohydrate	0.3 gm unsweetened cocoa powder	0.2
	1 gm Jell-O® sugar free instant chocolate pudding powder	0.8
	1-2 drops vanilla extract 1 tsp. Da Vinci® sugar free chocolate syrup	

*Recipe developed by Cagla Fenton and Sue Groveman*

### DIRECTIONS

- In a small mixing bowl, combine almond flour, cocoa powder and pudding powder. Mix well, smoothing out all clumps.
- Add in melted butter, vanilla extract and chocolate syrup; blend well.
- Pour into silicone candy molds and freeze until solid.

### VARIATIONS

- This recipe is very flexible; ingredients can be adjusted as needed to any individual meal plan.
- Peanut butter or other ground nuts can be used in place of almond flour.
- Cocoa butter or coconut oil can be substituted for butter.