



## Freezer Fudge



### PREP TIME:

15mins

### TOTAL TIME:

45mins

### INGREDIENTS:

1/2 cup of coconut oil  
(cold-pressed is best)

1 cup almond butter  
(smooth or crunchy)

1-2 tablespoons of maple syrup

Optional sea salt or pink salt,  
cocoa powder, peppermint oil

### NOTES:

Sugar substitute: Stevia, agave  
Maple syrup

### DIRECTIONS:

Melt the coconut oil and almond butter in the microwave at 30-second intervals, stirring in between. Once well combined, add maple syrup to taste and any optional ingredients (see below).

Spread the mixture out onto a parchment paper or foil-lined baking sheet. Make sure it is even. Optional: sprinkle a little salt on top. Freeze for 30 minutes and then chop into squares. Store in an air-tight container in the freezer.

To scale up, use a 1:2 ratio of coconut oil and almond butter and add more sweetener/flavors.

Flavor variations include adding 1-2 tablespoons of pure cocoa powder for chocolate freezer fudge. For minty fudge, add 1 teaspoon of peppermint extract. Optional - 1/4 tsp of salt to sprinkle on top once placed into baking dish.

For a truly zero sugar treat, you can substitute stevia for the maple syrup. Be careful, a little bit of stevia goes a long way as it is considered 300X sweeter than sugar. Another option is to do half maple syrup or agave and half stevia.