



QUICK LOW-CARB CHOCOLATE FUDGE

By Dr. Cindy Tanzar
(Special Occasions)

One of the most requested items our clients ask for are chocolate recipes. Most recipes are high in sugar and unhealthy fats, raise insulin levels and pack on weight. This healthy version of chocolate fudge is adapted from elanaspantry.com. We have also broken down the fat for you, so that you can add a treat, without going off of your food plan.

Makes 18 servings. One serving equals ½ serving of fat. However, just make sure to eat at the end of your meal and not as a snack. Enjoy!



INGREDIENTS

1-1/2 cups Lily's chocolate chips (available at Health Nut on Enterprise Dr. in Lynchburg.) **see image below

½ cup full fat, unsweetened canned coconut milk

½ tsp. pure vanilla

INSTRUCTIONS

Line the bottom and 2 inches of the sides of a 9x5 inch loaf pan with parchment paper.



Remove contents of canned coconut milk, place in a bowl and whisk or beat until smooth.

In a medium-sized pan melt coconut milk and chocolate together over low heat. Stir in vanilla just until mixed. Pour into loaf pan and refrigerate for 3 hours or until firm.

