

ALMOND BUTTER FUDGE

INGREDIENTS

1 cup Almond Butter

1/4 cup Coconut Oil

1/4 tsp Vanilla Essence

1 pinch Sea Salt

OPTIONAL

2 tsp Xylitol

OR

1 Tbsp Honey

METHOD

Melt the coconut oil

Mix all the ingredients together in a bowl. Stir until smooth.

OPTIONAL: For extra sweetness, add the Xylitol OR Honey.

Line a square cake pan with wax paper. Spread the mixture evenly in the pan and pop into the freezer. Freeze for several hours.

Remove from the pan and cut into squares. Transfer the squares to a plastic bag or airtight container.

Store in the freezer.