



Healthy through the HOLIDAYS

Holiday Fudge

This fudge is the real deal: smooth, creamy, chocolatey and pretty irresistible. I made this recipe as easy as it could be and still taste amazing. So whip some up, relax, and wow your guests!

INGREDIENTS

- 1/2 cup (120 ml) unsalted smooth natural cashew butter (first choice), almond butter or sunflower seed butter
- 1/2 cup (120 ml) xylitol or other granular sweetener (see note)
- 1/2 cup (120 ml) unsweetened almond, cashew or other non-dairy milk
- Pinch fine sea salt
- 3/4 cups (180 ml) sugar free mini-sized chocolate chips (I used Lily's stevia-sweetened--if you use a regular sized chip, add about 2 Tbsp/ 30 ml more chips)
- 2 Tbsp (30 ml) unsweetened cocoa powder
- 1/3 cup (80 ml) walnut pieces or pecan pieces (or add more if desired), optional

INSTRUCTIONS

Line an 8x8-inch (20 cm) square pan with parchment or use 2 layers of plastic wrap (this ensures it can be lifted out of the pan without sticking).

In a small, heavy pot, stir together the cashew butter, xylitol, milk and salt until well combined (if it looks a bit curdled at this point, that's fine). I use a silicone spatula, which makes scraping the sides easier.

Stir constantly over medium-low heat until the mixture begins to bubble (it should be smooth and the xylitol dissolved by this point). Lower heat slightly and continue to stir for one minute. It should become very smooth, glossy, and a little bit thicker. Turn off heat.

Add the chocolate chips and stir until they are completely melted and combined well. The mixture will be dark and glossy. Stir in the cocoa until smooth, then add the nuts (if using).



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Turn the fudge into the pan and smooth the top. Allow to cool uncovered in the refrigerator until very firm (at least 6 hours). Using the parchment or plastic wrap, pull the fudge out of the pan, peel off the paper, and place on a cutting board. Cut into 25 pieces. Store in the fridge.

May be frozen. Defrost in a covered container in the fridge overnight.

***Note:** For sugar-free fudge, I've found xylitol to work best in this recipe. You can use a monk fruit-erythritol mix (such as Lakanto) or erythritol (Swerve), but they tend to create a fudge that crystallizes and become a bit "crunchy" the next day. Xylitol doesn't do this. If you eat sugar, you can use regular sugar or coconut sugar instead of the xylitol (note that coconut sugar isn't as sweet as the other two).

Variations:

Orange-Chocolate Fudge: add 1-2 tsp fresh orange zest and 1/4 tsp (1 ml) orange extract or a couple drops of orange essential oil before adding the cocoa.

Peppermint Fudge: add 1/2 tsp (1 ml) pure peppermint extract before adding the cocoa.

Coconut Fudge: stir in 1/3 cup (80 ml) lightly toasted shredded coconut instead of the nuts