

Dark Chocolate Coconut Fudge



Author: Brenna, Certified H.H.P. from Optimized Health Team

Servings: About 12 Servings

Prep & Cook Time: About 10 minutes + 20 minutes in freezer

Ingredients:

- 1 cup Organic Extra Virgin Coconut Oil (refined & hexane free)
- 1/2-3/4 cup Raw Organic Cacao Powder
- 1 cup Organic Shredded Coconut Flakes
- 1/4 cup Organic Unsweetened Vanilla Coconut or Almond Milk
- Approx. 1/2+ teaspoon Organic Powdered Monk Fruit Extract OR 1 dropper Organic Stevia (liquid) (taste test to adjust!)
- 1/4 teaspoon Pink Himalayan Sea Salt
- 12 cupcake papers
- 2 muffin tins

Instructions:

1. Add all the above ingredients into a medium mixing bowl with an electric hand mixer. Blend on everything together for 1-2 minutes or until smooth. Taste test

Dark Chocolate Coconut Fudge

and add more sweetener until it's to your liking!

2. Line 2 muffin tins with 12 cupcake paper cups. Scoop the batter equally into the 12 cupcake papers and carefully place each muffin tin into the freezer and freeze for about 30-1 hour or until fat bombs are set.
3. Remove from freezer and store in a freezer bag until ready to eat.
4. Be sure to take out your fat bomb out of the freezer 10-15 minutes before eating to thaw it out.