

Keto Chocolate & Mint Fudge

Hands-on 20 minutes Overall 2 hours

Nutritional values (per serving, 1 piece): Total carbs: 6.6 g, Fiber: 3.4 g, **Net carbs: 3.2 g,**

Protein: 5.1 g, Fat: 21.4 g, Calories: 233 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 12 servings)

3/4 cup smooth almond butter, no oil or sugar added (188 g/ 6.6 oz)

1/3 cup virgin coconut oil (73 g/ 2.6 oz)

4 ounces unsweetened dark chocolate (100% cacao), chopped
(113 g)

1/3 cup powdered Erythritol or Swerve (53 g/ 1.9 oz)

1 tsp sugar-free vanilla extract (*you can make your own*)

1 1/2 tsp peppermint extract

pinch sea salt or pink Himalayan salt

1/3 cup cacao nibs (40 g/ 1.4 oz)

Note: Sweetener can be used to taste. Here's a list of suitable low-carb sweeteners.

Instructions

1. Chop the chocolate into small shards.
2. Place all ingredients, except cacao nibs, in a small pot over low heat. Melt together stirring frequently to prevent scorching.
3. Once melted pour the mixture into a 5 x 7 inch (13 x 18 cm) glass dish, you can line the dish with parchment paper for easy cleanup and serving if desired.
4. Top with cacao nibs and chill until set.
5. Slice into 12 or more squares to serve. Keep in the fridge for up to 2 weeks.

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