

Low-Carb Gingerbread Fudge

Hands-on 15 minutes Overall 1 hour 15 minutes



Nutritional values (per log): Total carbs: 2.4 g, Fiber: 0.9 g, **Net carbs: 1.5 g**, Protein: 2.1 g,

Fat: 12.2 g, Calories: 122 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 16 squares / 20 logs)

- 1 stick unsalted butter *or ghee* (113 g/ 4 oz)
- 1 cup [Almond & Cashew Butter](#) or roasted [almond butter](#) (250 g/ 8.8 oz)
- 1/3 cup brown sugar substitute such as [Sukrin Gold](#) or Lakanto (53 g/1.9 oz) - *if you don't have any, use [Swerve](#) or [Erythritol](#)*
- 1/4 tsp sea salt (*omit if using salted butter*)
- 1/2 tsp [vanilla powder](#) or 1-2 tsp sugar-free [vanilla extract](#)
- 3/4 tsp [cinnamon](#)
- 3/4 tsp ground ginger
- 1/4 tsp nutmeg
- 1/8 tsp ground cloves

Optional: more sea salt for sprinkling

Note: instead of the spices above, you can use 2 1/2 teaspoons of ready-made gingerbread spice mix.

Instructions

1. Prepare the [Almond & Cashew Butter](#) or simply use roasted almond butter.
2. Add about a third of the butter to a saucepan with the sweetener, and melt over low heat, stirring consistently until the sweetener has melted and formed a smooth paste.
3. Add the remaining ingredients, and return to a low heat, stirring. Note that you can use a double boiler for this, or hold the saucepan about 2.5 cm/ 1 inch over the hot plate — it doesn't take very long to come together. If the mixture gets too hot it can separate, so be careful to not get the heat too high.
4. Once the butter has melted and the ingredients have all mixed together, remove from the heat.
5. Pour into a small lined tray, such as a loaf tin, or individual moulds, and set in the freezer at least an hour.
6. Once set, sprinkle with extra salt if using, and cut into squares or

logs.

7. Store up to 10 days in the fridge, or up to a month in the freezer. If you're this fudge as a gift, you can wrap them in candy paper and tie with a string!

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