

Superfood Keto Fudgesicles

Hands-on 15 minutes Overall 4-6 hours

Nutritional values (per serving): Total carbs: 9 g, Fiber: 4.2 g, **Net carbs: 4.8 g**, Protein: 3.8 g,

Fat: 21.9 g, Calories: 220 kcal,

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



Ingredients (makes 6 servings)

Popsicles:

- 1 can full-fat [coconut milk](#) (400 ml/ 13.5 oz)
- 1/3 cup + 1 tbsp raw [cacao powder](#) (35 g/ 1.2 oz)
- 1/4 cup + 1 tbsp granulated [Swerve](#) (60 g/ 2.1 oz)
- 28 g [100% dark chocolate](#), unsweetened (1 oz)
- pinch of salt

Chocolate Drizzle:

- 2 tbsp [coconut oil](#) (27 g/ 1 oz)
- 4 tbsp [cacao powder](#) (22 g/ 0.8 oz)
- 1 tsp [Swerve](#) or [Erythritol](#), or more to taste (5 g/ 0.2 oz)

Optional Toppings:

- [bee pollen](#)
- sliced [almonds](#)
- cacao nibs
- goji berries
- [chia seeds](#)
- [hemp seeds](#)
- freeze dried berries

Instructions

1. In a small pot combine the coconut milk, cacao powder, Swerve, Chocolate, and a pinch of salt. Melt together over medium-low heat. Set aside to cool.
2. Carefully pour the cooled mixture in 6 popsicle molds (I used [these](#) [popsicle molds](#)) and freeze 4-6 hours until solid. When frozen remove from the molds and place on a parchment lined baking sheet.
3. In a small pot over medium low heat melt the coconut oil, cacao powder, and Swerve together. Drizzle over the popsicles one at a

time and top with your desired toppings.

4. The drizzle hardens fast so work quickly and one at a time. Once all of the popsicles have been topped transfer to a large lidded container with parchment between layers of the popsicles. Store in the freezer until ready to eat.

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