

## Low-Carb, No-Bake Fat Burning Fudge with Almond Butter & Coconut Oil

Yes, fudge can be part of a healthy lifestyle-and this



**TIME**  
**45 min**

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**ChefManiac**

### INGREDIENTS

¾ cup natural almond butter (or peanut butter)  
... cup coconut oil, melted  
2 tbsp unsweetened cocoa powder  
2 tbsp maple syrup or stevia, to taste  
1 tsp vanilla extract  
Pinch of sea salt  
Optional: 1 tbsp ground flaxseed or chia seeds for added fiber and omega-3s

### DIRECTIONS

- 1. Mix It All Together:** In a medium mixing bowl, whisk together almond butter, melted coconut oil, cocoa powder, maple syrup or stevia, vanilla extract, and sea salt until completely smooth.
- 2. Boost It (Optional):** Stir in flaxseed or chia seeds for an extra fiber and omega-3 kick.
- 3. Pour and Freeze:** Line a small loaf pan or dish with parchment paper. Pour the mixture into the pan and spread it into an even layer.
- 4. Chill Until Firm:** Freeze for 30-45 minutes, or until the fudge is completely firm and set.
- 5. Slice and Store:** Remove from the pan and cut into 12 small squares. Store in an airtight container in the fridge for a soft texture, or in the freezer for a firmer bite.

### SWAPS & NOTES

& Swaps Nut butter: Almond butter has a milder taste, but peanut butter brings that nostalgic flavor.

Sweetener: Maple syrup gives richness, while liquid stevia or monk fruit keeps it low-carb.

Coconut oil: A key ingredient-it helps the fudge firm up and supports healthy fat intake.

Add-ins: Try cacao nibs, shredded coconut, or chopped nuts for texture.

### TIPS FOR SUCCESS

Use runny nut butter for best results; thick or refrigerated nut butter will be harder to mix.

Let it set fully in the freezer before slicing-this helps keep clean edges.

Taste before freezing to adjust sweetness or salt to your liking.

Make a double batch and freeze extras for future cravings.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/low-carb-no-bake-fat-burning-fudge-with-almond-butter-coconut-oil/>