

Chocolate Fudge

Craving a delicious treat?

Try this Chocolate Fudge recipe this Friday night - it'll do the trick!

Ingredients:

1/2 cup almond flour

1/4 cup almond milk

1 small banana, mashed well

1-2 tablespoons unsweetened cocoa powder

3 packets of Stevia or your choice of sweetener - to taste

Instructions:

1. Combine almond flour and almond milk.
2. Microwave for 30 seconds.
3. Add in mashed banana, cocoa powder, and sweetener.
4. Mix until incorporated.
5. Spread it into a container and freeze until solid - I used large ice cube molds.
6. Thaw at room temperature for a few minutes before eating.

Makes 4-6 servings. Count each serving as a treat. Enjoy!



@nutritionbytanya

