

PALEO CAROB WALNUT FUDGE RECIPE

12 squares

50 Minutes

Makes

total time

Ingredients:

2 Tablespoon coconut oil
1/4 cup coconut butter
1 tablespoon grass-fed goat or cow butter
1/3 cup sunflower seed butter
1/4 tsp. salt
1/2 teaspoon ground cinnamon
1/4 cup roasted carob powder
1/2 teaspoon vanilla flavoring
1/4-1/2 teaspoon vanilla stevia (optional)
1/2 chopped, walnuts, soaked, dried, and chopped

Directions:

Line a 9x5 inch bread pan with parchment paper.

In a double boiler melt together the first six ingredients, coconut oil, coconut butter, goat's milk butter, salt, and cinnamon.

After they have melted mix in the carob, vanilla, and stevia. When they are thoroughly combined, stir in the walnuts.

Spoon the mixture into the pan and smooth out into the corners with a spatula. Refrigerate for 30 minutes before cutting into one-inch cubes.

Store any leftovers in an airtight container in the refrigerator for a week or in the freezer for several weeks.