



EASY LOW-CARB FUDGE

By Dr. Cindy Tanzar
(Maintenance/Special Occasions)

Rich, creamy, and perfectly chocolatey, this Easy Low-Carb Fudge is a decadent treat you can enjoy without the heavy carbs of traditional fudge. Made with butter, cocoa, and sugar-free chocolate, it's best reserved for maintenance or special occasions within the Genesis Health Solutions program.

Makes 16 servings.



INGREDIENTS

2 sticks Kerry Gold butter, softened
1/4 cup Swerve Confectioners
1/4 cup Dutch or unsweetened cocoa
1 tsp pure vanilla



1/8 tsp. Pink Himalayan salt
1/4 cup Lily's dark chocolate chips
Chopped walnuts or pecans, optional

DIRECTIONS

Line a glass food storage container (4x6- inch) with parchment paper. In a medium bowl, use a hand mixer to beat the butter and Swerve until fluffy. Add cocoa, vanilla and salt. Mix well.

Melt chocolate chips in the microwave or in a double boiler on the stovetop. Beat into other ingredients. Transfer to glass container, smoothing the top. Sprinkle with nuts. Refrigerate for one hour, until solid.

Remove fudge by using the parchment paper. Cut into squares.

Keep refrigerated until ready to eat. Do not leave at room temp for long, as it melts easily. Can freeze.