

## "Diets don't work, lifestyle changes do"

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## **CHOCOLATE CHERRY FREEZER FUDGE**

## **INGREDIENTS:**

½ cup smooth almond butter (solid, not runny)
½ cup solid coconut oil (it must be solid, not melted)
½ cup natural cacao powder
½ cup honey
1 tsp pure vanilla extract
Pinch of salt
¼ cup chopped dried cherries

## **DIRECTIONS:**

- 1. In a food processor fitted with the steel blade, add almond butter, coconut oil, cacao powder, honey, vanilla and salt. Pulse until combined. It should have a smooth creamy consistency.
- 2. Spoon into a medium bowl and fold in ¼ cup chopped dried cherries.
- 3. Individually portion fudge into silicone molds of your choice. Silicone mini muffin molds work well. If you use these molds, it will make about 16-18 round pieces.
- 4. Freeze for at least ½ hour.
- 5. Pop out and enjoy!

Note – The fudge must be kept in the freezer. It will melt at room temperature!