Dr. Don Harris
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HEALTH & NUTRITION

Almond Butter Fudge Bars

Makes Approximately 8-10 Servings

INGREDIENTS

3 large pure cacao or 100% dark chocolate bars (4-6 oz. each)

2 Tbsp. coconut oil

2 tsp. pure vanilla extract, divided

1 ½ cups organic, hardwood-derived xylitol, dicided

1 cup full-fat canned coconut milk

1 ½ cups unsweetened almond butter

Directions

Step 1   Break the chocolate bars into pieces, and melt them in a microwave or double boiler. Stir in the coconut oil, 1 tsp. vanilla extract, and ½ cup xylitol

Step 2   Line a shallow baking dish with parchment paper, and poor the chocolate mixture into an even layer on the bottom of the dish. Place in the freezer for 30 minutes or until the chocolate has hardened.

Step 3   Meanwhile, combine the rest of the xylitol and vanilla, the coconut milk, and the almond butter in a large bowl. Stir well.

Step 4   Spread this mixture evenly over the hardened chocolate.

Step 5   Cover, and freeze again for at least 1 hour. Cut into small squares. Serve cold, directly from the freezer.