

Dairy Free Fudge Recipe

-adapted from <https://www.realfoodwithjessica.com/2016/09/19/paleo-coconut-oil-fudge/>

Benefits:

- High in protein
- Healthy fat balances blood sugar
- Raw local honey is great for allergies, asthma, and high in antioxidants
- Cacao is also high in antioxidants, flavanols, iron, and magnesium.
- Additions: ginger is great for digestion, cinnamon helps balance blood sugar, turmeric is antioxidant, maca balances hormones, reishi mushrooms support the immune system, and matcha is also high in antioxidants.

Ingredients:

- $\frac{1}{2}$ cup coconut oil
- $\frac{1}{2}$ cup almond butter or peanut butter if you tolerate (creamy or crunchy depending on preference in final product)
- $\frac{1}{2}$ cup cacao powder (cocoa powder works too)
- $\frac{1}{4}$ cup raw local honey
- Pinch sea salt
- Optional texture additions: raisins, dried cranberries, roughly chopped nuts (or use crunchy nut butter)
- Make it medicinal:
 - 1-2 tablespoons grated peeled ginger root
 - $\frac{1}{4}$ -1 teaspoon medicinal spices: cinnamon, cardamom, or turmeric if you're feeling adventurous
 - 1-2 tablespoons powdered maca, reishi mushrooms, or matcha green tea powder (matcha is strong so start with 1 teaspoon and adjust to taste).

Instructions:

- Add all ingredients to a small saucepan and heat over medium heat, stirring to combine until smooth.
- Do not boil.
- Pour in a parchment lined loaf pan or glass container depending on desired thickness of fudge.
- Refrigerate for at least 2 hours before serving. Will soften and eventually melt at room temperature.
- Stores in the fridge for up to 10 days, but I doubt it'll still be around by then :)