



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Peanut Butter Fudge

2.5g NET Carbs (Low Carb Keto)

Absolutely delicious! Low Carb Keto.

Great smooth texture, very filling and an amazing Peanut Butter Taste. The sweetener and the salt topping are a great mixture of sweet & Salty.



NUTRITION

Recipe yields approx. 32 cookies.

Serving Size: 1 Cookie

Calories: 120 - Fat: 10 - Carbohydrates: 3.5 -

Fiber: 1 - Protein: 4

INGREDIENTS

2.25 Sticks Unsalted Butter

1 Tbsp Vanilla Extract

1 Tsp Salt Plus Salt for Toppings

3/4 Cup Monkfruit Sweetener

2.5 Cups Natural Peanut. No Sugar Added Peanut Butter

Instructions:

1. Use Saucepan on medium low heat
2. Add Butter and sweetener and dissolve butter and sweetener.
3. Add Peanut Butter. Dissolve Peanut Butter but do not let it boil or the mixture will start to stick to the bottom of the saucepan.
4. Once all dissolved remove from heat and add vanilla extract.
5. Add fudge to a fat bomb mold or an 8x8 glass dish lined with parchment paper.
6. Sprinkle Salt over the top of the Fudge.
7. Allow to cool for 30mins then add to refrigerator for 2-3hrs. If using a glass dish cut into 32 pieces. Enjoy!