



ME Recipe: Healthy Mood-Boosting Fudge



Ingredients:

- 1 c Hazelnut Butter (or any kind of nut butter you prefer)
- 1/3 c Coconut Oil
- 1/4 c Raw Honey
- 1/2 c Unsweetened Cocoa Powder
- 1/2 tsp Vanilla Extract
- Dash of sea salt

Directions:

Melt the first 3 ingredients together in a pan on low-medium heat & stir. Then add cocoa powder, vanilla extract, & sea salt while stirring. Some additional options are adding coconut flakes or Enjoy Life chocolate chips. Once everything is melted together, transfer it to a small dish lined in wax paper and refrigerate for 2 hours. Before eating, let sit at room temp for a few minutes to soften. Here, I topped with a little whipped cream and Barlean's Omega-3 chocolate 😊