



Low-Carb Peanut Butter Fudge

- Prep Time: 10 minutes
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- Cooking Time: 5 minutes
- Total Time: 15 minutes + chilling time
- Cost per Serving: \$1.50
- Calories per Serving: 120Kcal



Ingredients :

- 1 cup natural peanut butter (unsweetened, smooth)
- 1/2 cup unsalted butter
- 1/4 cup coconut oil (for extra creaminess)
- 1/3 cup powdered erythritol (or your favorite low-carb sweetener)
- 1 tsp vanilla extract
- A pinch of sea salt (optional but enhances the flavors)



Preparation :



- 1-Melt the Ingredients: In a medium saucepan, combine 1 cup of peanut butter, 1/2 cup of butter, and 1/4 cup of coconut oil. Heat over low-medium heat, stirring occasionally, until everything is melted and smooth.
- 2-Add Sweetener & Vanilla: Once the mixture is fully melted, remove it from the heat. Stir in 1/3 cup of powdered erythritol and 1 tsp of vanilla extract. Mix until the sweetener is fully dissolved and the fudge mixture is creamy.
- 3-Pour into a Pan: Line an 8x8-inch baking dish with parchment paper. Pour the peanut butter fudge mixture into the prepared dish, spreading it evenly with a spatula.
- 4-Chill: Put the pan in the refrigerator and allow the fudge to chill for at least 2 hours, or until it's firm. You can also speed up the process by placing it in the freezer for 30-45 minutes.
- 5-Cut & Serve: Once firm, lift the fudge out of the pan using the parchment paper. Cut into small squares and enjoy!

