

# COCONUT & PEANUT BUTTER FUDGE

## INGREDIENTS

- 1 C Coconut butter (softened) (see below for make-it-yourself recipe)
- 1/2 C Peanut butter **OR** seed butter
- 1 T Vanilla
- 2-4 T Honey (pure) (raw)
- 1/3 C Carob chips



## DIRECTIONS

- 1 Mix softened coconut butter, nut butter, vanilla & honey together in a bowl until well combined
- 2 Pour & spread into a parchment lined 8 x 8 pyrex dish
- 3 Pour the chips all over the top of the fudge & gently press them down into the fudge
- 4 Freeze until hardened
- 5 Cut into squares



## MAKE-IT-YOURSELF COCONUT BUTTER



## INGREDIENT

- 21 oz Coconut (unsweetened) (shredded) (don't use dessicated coconut)

## DIRECTIONS

- 1 Fill the food processor at least halfway with coconut flakes (approximately 2 C)
- 2 Process until creamy
- 3 Stop every few minutes to scrape down the sides & allowing processor to cool
- 4 Place in a jar and store at room temperature

## NOTES

- 1 Makes 2 1/4 C coconut butter
- 2 Processing with a Vitamix ( 1 minute) with normal food processors (10 minutes)
- 3 Stopping when the processor gets too hot is a very important step to avoid your processor over-heating & not working

