



Recipes from Dani at Fabufit

FUDGE

How can we do without the fudge? I know my family has a favorite fudge recipe that is very difficult to stop eating. But this year will be different for John and I. I will be making two subs for the fudge. You will soon notice that once you have a healthy substitute, you will not be missing one single thing. Of course, it is a mindset you must decide upon. Remember, we are not thinking “I can’t have”, but rather, “I have found some treasures that I can have and enjoy every bite without guilt.”

Favorite Almond Butter Balls

This recipe is one my family has enjoyed for years. I always used peanut butter, but the Almond Butter is delicious and much better for following Paleo healthy guidelines. It is really simple to mix up, requires no cooking and provides a great source of protein. Kids like this one a bunch as well. I like to make a double recipe and freeze half of it. (These are good frozen as well.)

Ingredients:

1 Cup Organic Almond Butter

1 Cup Natural Protein Powder (Shaklee Energizing Soy works well cocoa or vanilla flavor and Melaleuca Proflex 20 is also delicious.)

1/2 to 1 cup Honey – I generally try for using just one half cup honey but may need more to be sure the balls stick together well.

3-Ingredient Dark Chocolate Fudge » from 360yourlife.com

Here is the treasure also found at 360yourlife.com. Thank you Brooke Thomas for creating such amazingly delicious “healthy subs.”

1/2 cup 100% pure maple syrup

1/4 cup coconut oil

2/3 cup cacao powder

Mix all ingredients in a high speed blender until well combined. Pour into glass dish or mini cupcake wrapper and place in the freezer for 30 minutes. If you want to use it as a dip, simply pour into a bowl and enjoy! If making chocolate covered fruit, dip the fruit and place in the freezer for 30 minutes until chocolate hardens.- See more at:

<http://360yourlife.com/category-recipes/dark-chocolate-fudge/#sthash.Cb1K0LSb.dpuf>