



# QUICK LOW-CARB CHOCOLATE FUDGE

By Dr. Cindy Tanzar

Indulge in the rich, sweet flavors of Quick Low-Carb Chocolate Fudge! This easy-to-make treat combines smooth, luscious chocolate with creamy coconut milk, creating a decadent dessert that's not only satisfying but also low in carbs. With the addition of pure vanilla for an aromatic touch, this fudge will delight chocolate lovers without the guilt. Perfect for a quick snack or a delightful treat, it's a simple way to satisfy your sweet tooth while sticking to your dietary goals! Enjoy it chilled for a deliciously firm texture and a burst of chocolatey goodness!

Makes 18 servings.



## INGREDIENTS

- 1-1/2 cups Lily's chocolate chips
- ½ cup full fat, unsweetened canned coconut milk
- ½ tsp. pure vanilla

## INSTRUCTIONS

1. Line the bottom and 2 inches of the sides of a 9x5 inch loaf pan with parchment paper.
2. Remove contents of canned coconut milk, place in a bowl and whisk or beat until smooth.
3. In a medium-sized pan melt coconut milk and chocolate together over low heat. Stir in vanilla just until mixed. Pour into loaf pan and refrigerate for 3 hours or until firm.