

Healthy Pecan And Maple Fudge Fat Bombs

Description

Delicious fat bombs

Prep time: Ten minutes

Total time: One to two hours

Servings: 16

Ingredients

For Spiced Maple & Pecan Butter:

- 3 cups of walnuts or pecans (10.6 oz)
- 1 teaspoon of vanilla extract or 1/2 teaspoon of vanilla powder
- 1/2 teaspoon of ground cinnamon
- 1 teaspoon of sugar-free maple extract
- A pinch of salt

For Maple & Pecan Fudge:

- 1 recipe Maple & Pecan Butter (above)
- 1/4 cup of powdered Erythritol or Swerve (1.4 oz)
- 1/2 cup of unsalted butter or coconut oil (4 oz)
- 1 1/4 cup of chopped pecans + 16 pecan halves (5.3 oz) If needed: 10-20 drops of liquid stevia

Instructions

1. Combine the pecans, cinnamon, vanilla, salt, and maple extract in a blender and blend until smooth.
2. Add in the butter and erythritol and blend until smooth. Pour the dough into a large pan lined with parchment.
3. Pour in the rest of the pecan halves and transfer to the refrigerator. Chill until set, about two hours.
4. Serve.