

Christmas Fudge



1 cup hot condensed milk (*recipe below*)

1 cup keto approved Chocolate Chips (*I prefer milk chocolate*)

Instructions:

Line a loaf pan with parchment paper.

Place chocolate chips in a bowl. Pour hot condensed milk over chocolate chips. Stir until chocolate chips are melted and mixture is smooth.

Spread evenly in loaf pan. Place in refrigerator to set up.

Enjoy!

Mint Fudge Variation:

1 batch chocolate fudge from recipe above

¼ cup hot condensed milk

¼ cup white chocolate chips

¼- ½ teaspoon peppermint

Green food coloring (*optional*)

Make a batch of regular chocolate fudge.

In a separate bowl, Mix hot condensed milk, white chocolate chips, peppermint and green food coloring. Place part of the mint mixture on the chocolate mixture, cover with remaining chocolate mixture and dollop or stripe remaining mint mixture. Swirl with a knife. Refrigerate until set.

Condensed Milk



4 cups heavy cream

4 tablespoons butter

2/3 cup granulated sweetener

1 teaspoon vanilla

Place all ingredients in a medium sized saucepan over medium heat. Bring to a boil, then reduce heat and simmer uncovered until reduced by half; stirring often to prevent scorching (about 15-20 minutes). It will be thick and gooey. Store in refrigerator.

Makes approximately 2 ½ - 3 cups.

For more yummy fudge recipes, visit “LivingYourKetoLife.com”