

YOUNG LIVING
ESSENTIAL OILS

CHEF KATE

CULINARY OIL
BRAND AMBASSADOR
& CHEF-TO-THE-STARS



BALANCE COMPLETE

CHOCOLATE PEANUT BUTTER FUDGE BITES



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MAKES 15 - 20 fudge bites

PREP TIME 15 minutes

A NOTE FROM CHEF KATE

“These little protein-packed treats are delicious and easy to make. With the suggestion by Brenda Rogers, YL’s Australia & New Zealand’s Training Manager and practicing naturopath, I’ve added Young Living’s Balance Complete™ powder in this recipe to add additional protein and nutrition to these yummy treats. The original version is a favourite of Miranda Kerr and her family, and we served them at a yoga event she hosted with David Jones. Adding the recommended culinary essential oils really makes the flavours pop!”

INGREDIENTS

- 1 cup Peanut butter or coconut butter, if nut sensitive
- ¼ cup Honey, agave syrup or maple syrup, to taste
- ½ cup Raw cacao powder (keep extra for coating)
- ½ cup Finely ground coconut (keep extra for coating)
- ¼ cup Melted coconut oil
- ¼ tsp. Sea salt, to taste
- 2 drops. Young Living Rose, Peppermint or Spearmint essential oil, to taste
- ½ cup Young Living Balance Complete™ Powder



OPTIONAL INGREDIENTS

- ½ cup Chocolate chips, coarsely chopped or finely cut chocolate pieces (70% dark chocolate)
- ½ cup Cacao nibs
- ¼ cup Young Living’s Dried NingXia Wolfberries (goji berries)
- ½ cup Finely ground almonds or other nuts
- 1 tsp. Vanilla essence

METHOD

- Place all the ingredients in a food processor fitted with the chopping blade and process until well combined. You may need to stop the processor a couple of times to push down the side and continue blending. You can also combine all the ingredients in a bowl and mix well to combine.
- If adding any of the optional ingredients, transfer the mixture to a bowl, add ingredients of choice and mix well to combine.
- Roll the mixture into balls or spread into a small baking pan or dish lined with baking paper. The size of the balls will depend on how big you want the fudge bites to be.
- If you are making balls, roll all of them and set aside on a plate or tray. Place the finely ground coconut and cacao powder in 2 medium bowls. Roll balls in the mixture to coat.
- If making fudge, sprinkle a mixture of cacao powder and ground coconut on top of the fudge and press it gently so it stays in place. The coating or topping is optional.
- Serve the fudge bites immediately or refrigerate for 1 hour or longer to set. The fudge bites will keep up to 6 days refrigerated and up to 1 month in the freezer.

TIP: Allow the nut butter to warm to room temperature or soften by placing the jar in warm water to make it easier to combine with the other ingredients. If you are nut sensitive, you can use coconut butter in place of the nut butter, and ground pumpkin or sunflower seeds in place of the almonds or other nuts.

NOTE: You can use more than ½ cup of Balance Complete™ if you like. Add some more coconut oil, peanut butter and sweetener to ensure the fudge bites are not too dry and hold together properly.