



# CHEF KATE

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



# COCONUT CHOCOLATE 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. I especially love making them with coconut butter – you can usually find coconut butter (not coconut oil) at health food stores. I also served these at the yoga class Miranda Kerr put on in Sydney for Earth Hour; the guests adored them and so did everyone else who tried them.”*

## INGREDIENTS

- 1 cup Coconut butter, almond butter, or other nut butter
- 2 tbsp Coconut oil, melted
- ½ cup Almonds or other nuts, finely ground
- ¼ cup Honey or coconut syrup, to taste
- ½ cup Raw cacao powder (keep extra for coating)
- ½ cup Coconut, finely ground (keep extra aside for coating)
- ¼ tsp. Sea salt, to taste
- 1-2 drops Young Living Rose, Peppermint or Spearmint essential oil



## OPTIONAL INGREDIENTS

- ½ cup Chocolate chips or finely cut chocolate pieces (70% dark chocolate)
- ½ cup Cacao nibs
- ¼ cup Young Living's Dried NingXia Wolfberries or raisins
- ¼ cup Nuts or seeds, finely chopped
- 1 tsp. Vanilla extract or essence (optional)

## METHOD

1. 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. Add any optional ingredients by transferring the mixture to a bowl, adding ingredients of choice and mixing well to combine.
2. Spread the mixture into a small baking pan or dish lined with baking paper.
3. Place the finely ground coconut and cacao powder in 2 medium bowls. Sprinkle a mixture of cacao powder and ground coconut on top of the fudge and press it gently so it stays in place.
4. Refrigerate the fudge for at least 1-2 hours to set and then cut into little squares. The fudge will keep up to 6 days refrigerated and up to 1 month in the freezer.

**NOTE:** 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.