

COCONUT OIL FUDGE

Soak $\frac{1}{2}$ cup of organic almonds in 1 cup of water for 3-6 hours, rinsing a few times. Rinse then spread on paper towels to dry. When dry, grind in a coffee grinder.

Add 3 T. honey with the almonds in a deep bowl.

Add: $\frac{1}{2}$ cup cocoa powder and $\frac{1}{2}$ cup chocolate protein mix; then $\frac{1}{2}$ cup of coconut oil. Mix well, adding more coconut oil to make it a consistency that sticks everything together. Press tightly with the back of a spoon into a 9X9 dish and place in the freezer for a few hours.

Break or cut into squares and serve immediately or keep refrigerated.

