

Salted Honey Peanut Butter Fudge

I love bite sized sweets. Especially those that you can tuck away in the freezer so that you always have something on hand when you need a pick me up.

This recipe is just that. And it's not the worst thing in the world to indulge in. Oh, and it's super easy to make with only a few ingredients that you may just have on hand.

It starts with natural, unsweetened peanut butter, which is melted with coconut oil and Ava Jane's Kitchen Yucatan Honey. If you're a fan of honey and have never had this variety, you should get some, stat. It's got a deep golden hue and a floral aroma that is just divine. It's the perfect addition to something like this fudge that relies on only a few ingredients, so it really shines. When paired with crunchy Colima Sea Salt, you end up with a sweet and salty treat that you'll be glad you have on hand when you need it.

Unlike traditional fudge that relies on lots of sugar and stabilizers to stay firm, this one doesn't have all that. Instead, you store it in the freezer and eat it straight from there. It may be unconventional, but it's delicious, and most importantly, more nutritious than the super sugared up alternatives.

Salted Honey Peanut Butter Fudge

Prep time: 10 minutes, plus freezing

Serves 16

Ingredients:

1 cup creamy, sugar free peanut butter
1/4 cup coconut oil, melted
3 tablespoons Ava Jane's Kitchen Yucatan Honey
Colima Sea Salt, for topping

Directions:

Put the peanut butter, coconut oil, and honey in a saucepan on the stove and heat to low heat.

Stir and cook until melted and smooth. Turn off heat and let cool for 10 minutes.

Line a baking pan with parchment — the size of the pan will determine how thick your fudge is, so use whatever you like. Just make sure that the edges of the parchment overhang the pan so that it's easy to remove and slice after freezing.

Pour the peanut butter mixture into prepared pan. Sprinkle with Colima Sea Salt

Pop the pan in the freezer and freeze until firm, at least several hours.

Remove and slice into cubes. Transfer to an airtight container and store in the freezer.