

CHOCOLATE PEANUT BUTTER FUDGE

Bariatric, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12

Nutrition (per serving)

Calories: 144

Total Fat: 6 g

Sodium: 217 mg

Total Carbohydrate: 8 g

Dietary Fiber: 0.8 g

Added Sugars: 3 g

Protein: 17 g

PREP TIME: 10 min

Ingredients

- 1/2 cup water
- 4 scoops (servings) chocolate protein powder
- 2 tablespoons peanut butter
- 1/4 teaspoon sea salt
- 2 tablespoons peanut butter powder (such as PB2)
- 1 scoop (serving) vanilla protein powder



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Directions

1. Line a loaf pan with parchment paper.
2. Mix chocolate whey protein powder and water (start with 3 ounces of water).
3. Add peanut butter and salt. Mix well.
4. Add water if needed to get a consistency that can be spooned into the pan. Mix well.
5. Spoon fudge into pan.
6. In a small bowl, mix peanut butter powder, vanilla whey protein powder, and water (start with 1 ounce, add more water as needed).
7. Spoon or pipe the peanut butter topping in lines across the fudge. Place another piece of parchment on top of fudge and flatten the mixture with your hand. Refrigerate for at least one hour before cutting.