



**K-KITCHEN**  
MONTHLY RECIPES + NUTRITION COACHING

## Ingredients

- 1c natural nut butter
- 1/3c melted/cooled coconut oil
- 2T raw honey
- Pinch of sea salt + topping
- 1/3c chopped dry roasted nuts/seeds

# Freezer Nut Butter Fudge

## Preparation

1. Combine nut butter -> salt and mix well.
2. Pour into a parchment lined 8x8 pan and grind salt over the top. Freeze for 1-2 hours.
3. Remove from the freezer and pan and slice.
4. Store in glass in the refrigerator.

## Tips

I'm sure this recipe could be used with sunflower butter and seeds instead of nuts.

The combo of salty, crunchy and a little sweet will satisfy your urge for sugar. Only better.

This recipe is easily doubled using a 9x11 pan.