



A classic vanilla fudge recipe that takes a little time but is well worth the effort. Wait till you bite into this creamy Keto Vanilla Fudge treat. You're going to love it!

Servings - 64

Prep Time - 15 Mins | Cook Time - 45 Mins | Total Time - 1 Hr

Difficulty - Requires a little care



Cuisine - American

RECIPE

KETO VANILLA FUDGE

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Non Stick Medium Saucepan](#)

[Spatula](#)

[8 x 8 x 2 inch Baking Pan](#)

[Jam Thermometer](#)

[Wooden Spoon](#)

[Parchment Paper](#)

INGREDIENTS

15 g Unsalted Butter plus a little for greasing pan

[3 Cups Powdered Monk-Fruit/Erythritol blend sweetener](#)

[1 1/2 Cups Double/Heavy Cream](#)

[1/4 Cup Vanilla Syrup, sugar free](#)

[1/2 Tsp Corn Flavoring](#)

[1 Tbsp Vanilla Essence](#)

[1/4 Tsp Himalayan Salt \(Ground\)](#)

METHOD

Line an 8 x 8 baking tray with parchment paper, then grease and set aside.

In a large heavy-bottom pot, add sweetener, heavy cream, sugar-free syrup, and salt.

Heat the sweetener, syrup and cream over medium-low heat, and stir to combine until the sweetener has melted. This takes about 10 to 15 minutes. Raise the heat until the mixture reaches a very gentle simmer and continue to heat without stirring until the mixture reaches 475°F/238°C.

While the mixture is cooking, using a spatula, scrape the residue down the pot's side into the mix. This procedure will prevent crystallization.

In a medium-sized heatproof bowl, add one tablespoon of butter, corn flavoring, and vanilla extract and set aside until the mixture reaches the target temperature. When the temperature has been reached, transfer the contents to the heatproof bowl containing the butter and vanilla. At this point, do not scrape the sides or bottom of the pot.

IMPORTANT - Let the mixture cool to 110 F without stirring.

After the mixture has cooled, stir with a wooden spoon until it thickens and loses its gloss. Approx 10 to 15 minutes and then transfer to a prepared pan. Smooth top with a spatula and let it rest for another hour and cover with parchment paper before refrigerating.

Refrigerate for a minimum of 8 hours or until set, remove the paper, and cut into 64 square pieces.

STORAGE

Store in an airtight container in the fridge for up to 30 days.

NUTRITION FACTS

Per serving : 15 g | Calories 6 | Protein 0.3 g | Fat 0.1 g | Carbs 0.1 g | Fiber 0 g

Net Carbs : 0.1 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE - VEGETARIAN

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