

Whole Foods Fudge



1/2 cup cocoa powder
3/4 cup coconut oil
1/4 avocado
1/2 cup cashews
1/2 cup agave nectar
1/2 cup pure maple syrup
2 teaspoons vanilla
1/4 teaspoon Real salt

Dump all ingredients into a high powered blender and process on high until very creamy. Pour into a dish, cover and freeze until solid. Keep refrigerated or frozen.

Variations:

Coconut Almond – Stir in chopped almonds and coconut

Intense Orange – Blend in orange zest and 10-15 drops orange essential oil

Peppermint – Blend in 10-15 drops peppermint essential oil