THE LIGHTER PLATE METHOD

# Chocolate Coconut Fudge

A five-minute homemade chocolate bar — genuinely tastes like a treat, and needs no oven.

| PREP | COOK | TOTAL | SERVINGS | DIFFICULTY |
|---|---|---|---|---|
| **5 min** | **0 min** | **5 min** | **2** | **EASY** |

## Ingredients

- 3 tbsp coconut oil
- 1 tbsp cocoa powder
- 40 g cashew nuts (roughly chopped)
- 1 tsp honey

## Method

1. Melt the coconut oil gently, then whisk in the cocoa powder until smooth.
2. Stir in the honey and cashews.
3. Pour into a small shallow dish or silicone mould.
4. Freeze for 10–20 minutes, until firm, then break into pieces. Eat quickly, as it softens fast at room temperature.

## Tips & swaps

- Store in the freezer between servings — this melts much faster than shop-bought chocolate.

## Storage & reheating

Keeps in the freezer for up to a month.

## Nutrition (per serving)

| KCAL | PROTEIN | CARBS | FAT | FIBRE |
|---|---|---|---|---|
| **280** | **4g** | **8g** | **26g** | **2g** |

*Estimated values, for guidance only. Contains: Tree nuts (cashews).*