Everything Herbal™ by Cheryl Jabz

Wholesome • Herbal Naturally Sweet

QUICK, EASY & DELICIOUS

ALMOND BUTTER CINNAMON FUDGE

SUGAR FREE

SUGAR FREE

Creamy almond butter fudge with warm cinnamon spice—rich, satisfying and naturally sweet!

INGREDIENTS

- 1 cup natural almond butter (no added sugar)
- 1/4 cup coconut oil (melted)
- 1/4 cup unsweetened almond milk (or milk of choice)
- 1/4 cup powdered monk fruit sweetener (or sweetener of choice)
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg (optional)
- Pinch of sea salt
- Optional: 1–2 tbsp chopped almonds or pecans

INSTRUCTIONS

1. In a medium bowl, stir together almond butter, melted coconut oil, and almond milk until smooth.
2. Add powdered sweetener, vanilla, cinnamon, nutmeg (if using), and sea salt. Mix until well combined.
3. Fold in chopped nuts if using.
4. Line an 8x8-inch dish with parchment paper.
5. Pour fudge mixture into the dish and spread evenly.
6. Refrigerate for at least 1 hour or until firm.
7. Cut into 16 squares and enjoy!

VARIATIONS

- Add 1 tbsp cocoa powder for a chocolate cinnamon twist.
- Use sunflower seed butter for a nut-free option.
- Top with a sprinkle of cinnamon or sea salt.

PROTEIN RICH & SATISFYING

HERBAL BENEFITS

ALMONDS
Rich in healthy fats, vitamin E, and magnesium—supports heart health and energy.

CINNAMON
Helps support healthy blood sugar levels and provides antioxidant benefits.

NUTMEG
Traditionally used to aid digestion and promote a sense of calm.

ALMOND BUTTER
Provides plant-based protein and healthy fats to help keep you full and satisfied.

Sweetener Tip

These recipes are sugar-free and can be sweetened with your preferred sugar-free sweetener, such as stevia, monk fruit, erythritol, or allulose. Adjust to suit your taste and follow the manufacturer's conversion guidelines.

PREP TIME	CHILL TIME	TOTAL TIME	SERVINGS
10 min	1+ hour	1 hr 10 min	16 squares

SCAN ME

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*This recipe is for informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease.