

KID CHEFS



Fridge Fudge Kit



Ingredients

- Pam spray
- Sliced almonds | 1/4cup
- Chocolate chips | 4oz
- Avocado | 1/2ea
- Maple syrup | 1/3cup
- Peanut butter | 1/3cup
- Cocoa powder | 1Tbsp
- Salt | 3/4tsp

Yield: 8 portions



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step by step video



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Step 1

Get your work station ready! Wash your hands and counter.

- Spray the inside of a 9x9 baking pan, pie pan will work as well
- Line pan with parchment paper
- Preheat the oven to 350 Degrees
- Spread almonds on sheet tray and toast for 5min until golden brown



Step 2

- Place chocolate in a microwavable bowl, set for 20 seconds and repeat until the chocolate is melted
- Puree avocado, maple syrup, peanut butter in a food processor
- Add cocoa powder, salt & 2T of water
- Mix in melted chocolate and pulse until combine



Step 3

- Transfer chocolate mixture to prepared pan and spread evenly
- Sprinkle toasted almonds across the chocolate and press them softly into the mix
- Chill for 1 hour
- Pull fudge out by the parchment
- Cut into squares or bar and serve

