AMERICAN · DESSERT · SNACK

# Keto Fudge Pops (Sugar-Free Fudgesicles)

15 min · plus 24 hours freezing | Makes 8 × 1 fudge pop | 190 kcal a portion

Video 4:16 · KetoFocus

Vegetarian | Gluten-free ingredients

Sweetened with monk-fruit chocolate and erythritol instead of sugar: about 6 g net carbs a pop and no added sugar, with cream for richness.

**Diet notes:** Keto (5.9 g net carbs a serve).

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## Ingredients

7 · MAKES 8 × 1 FUDGE POP

- [ ] 170 g **sugar-free 70% dark chocolate** (ChocZero, monk-fruit sweetened)
- [ ] 360 ml **macadamia milk**, unsweetened (Milkadamia, or any nut milk)
- [ ] 238 ml **heavy cream**
- [ ] 48 g **confectioners erythritol** (Swerve)
- [ ] 2 tbsp **unsweetened 100% cocoa powder**
- [ ] 2 tsp **vanilla extract**
- [ ] ½ tsp **salt**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method

TIMES = THE MOMENT IN THE VIDEO

1. A few hours ahead, soak the wooden popsicle sticks in water so they're heavy enough not to float up in the moulds. 1:33
2. Weigh the sugar-free chocolate, then pulse it in a blender into small crumbs so it melts easily. 1:42
3. In a small saucepan, whisk the nut milk, cream, confectioners erythritol and cocoa until dissolved. Bring just to a light boil (bubbles at the edges), then take off the heat. 1:52
4. Pour the hot mixture over the chocolate in the blender, add the vanilla and salt, and blend until the chocolate has melted and it's completely smooth. 2:24
5. Pour into 8 popsicle moulds right to the top (or 85 g paper cups), cover and push in the soaked sticks. 2:44
6. Freeze for 24 hours. If they stick, let the mould stand on the counter for a few minutes or run it under warm water to release them. 3:20

> **Tip** Any unsweetened nut milk works (the cook uses macadamia). Using paper cups? Add the sticks after about an hour in the freezer so they stand straight. Keep the salt: it brings out the chocolate.

The method is a summary in our words — the video shows every step.

## One portion (1 fudge pop) gives you

1 OF 8 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 190 kcal | 2.7 g | 14 g | 8.2 g | 17 g | 190 mg |
| 790 kJ | 5% of a day | 5.9 g net · 1 g sugars | 29% of a day | 11 g saturated | 8% of a day |
| | | 5% of a day | | 22% of a day | |

**Energy from** net carbs 13% · protein 6% · fat 81% — fits keto: 5.9 g net carbs, 81% of the energy from fat

**Source of** (10–19%) Vitamin A 14% · Iron 11% · Vitamin E 10%

**Recipe and video:** KetoFocus (@KetoFocus) on YouTube — youtube.com/watch?v=XAuJuQvDj-0, published 10 July 2019. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-fudge-pops-sugar-free-fudgesicles