
CRUSH IT! Café: No Fudgin' Way Pumpkin Protein Fudge

Just when you thought there couldn't be any more pumpkin flavored foods, we did our magic and created the best yet! Grab your tub of Cinnamon Roll Core PRO, some canned pumpkin, and a few other low calorie, nutrient-packed ingredients to make a delicious pumpkin spice fudge the entire family can enjoy—just in time for the holidays!

Recipe:

Dry Ingredients:

½ cup coconut flour
1.25 scoop Cinnamon Roll Core PRO
1 cup canned pumpkin
1 cup zero calorie sweetener
1.5tsp cinnamon
1tsp pumpkin pie spice
½ tsp nutmeg

Wet Ingredients:

2oz water
10g softened coconut oil

Directions:

Soften coconut oil in microwave for approximately 10-15 seconds. Combine dry ingredients; then combine wet ingredients. Combine dry and wet ingredients and mix into a thick, doughy consistency.

Line a plastic container or small glass dish with plastic wrap. Spoon fudge into container, evening out with a spoon. Place in the freezer for 1-2 hours, then remove from container by turning upside down and slowly separating from plastic wrap. Cut into squares and serve!*

*Store remaining fudge in the freezer or refrigerator. If storing for more than a few hours, simply place in airtight container inside the freezer, then take out and place in refrigerator for approximately 30-45 minutes to allow to slightly soften before enjoying.

Macros:

Serving Size: 1 Square

Servings: 12

50 calories

2g Fat

5g Carbohydrate

4g Protein