

Sugar-Free Fudge



Makes 64 pieces

Ingredients:

- 3 cups granulated erythritol
- $\frac{2}{3}$ cup cocoa powder, such as Hershey's Special Dark
- $\frac{1}{8}$ teaspoon salt
- 1- $\frac{1}{2}$ cups cream or half and half
- $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter
- 1 teaspoon vanilla extract

Instructions:

1. Line 8-or 9-inch square pan with foil, extending foil over edges of pan. Butter foil.
2. Mix erythritol, cocoa and salt in heavy 4-quart saucepan; stir in milk. Cook over medium heat, stirring constantly, until mixture comes to full rolling boil. Boil, without stirring, until mixture reaches 234°F on candy thermometer or until small amount of mixture dropped into very cold water, forms a soft ball which flattens when removed from water.
3. Remove from heat. Add butter and vanilla. DO NOT STIR. Cool at room temperature to 110°F (lukewarm). Beat with wooden spoon until fudge thickens and just begins to lose some of its gloss. Quickly spread in prepared pan; cool completely.
4. Cut into squares. Store in tightly covered container at room temperature. About 64 pieces or 1-3/4 pounds.

Nutrition per piece: Calories 18; Total Fat 1.5 g; Saturated Fat 0.9 g; Monounsaturated Fat 0.4 g; Polyunsaturated Fat 0.1 g; Total Carbohydrates 12.0 g; Dietary Fiber 0.3 g; Sugar Alcohols 11.3 g; Sugars 0.3 g; Protein 0.4 g; Sodium 13 mg