

Low sugar Chocolate Covered Valentine Beet Fudge Bites (gluten-free, grain-free, soy-free, vegan)

Prep Time: 10 minutes



A healthy treat for Valentine's day. Low sugar gluten-free vegan beet fudge covered in a homemade dairy-free chocolate sauce. Chocolate covered beet fudge bites!

Ingredients

Beet Fudge Ingredients:

- one heaping cup of chopped steamed beets (about 8oz)
- 1/2 teaspoon liquid stevia
- 2-3 teaspoons vanilla extract
- 1/2 cup softened [coconut butter + 1 tablespoon](#) (about 5 oz) *could do coconut oil
- 1-2 tablespoons water (I did two) ** you could do 1 tablespoon maple syrup if desired

Dark Chocolate Sauce ingredients:

- 6 tablespoons raw cacao powder (1 oz) **could use regular cocoa powder
- 1/4 cup coconut nectar (could use maple, agave or honey) (3oz)

- 1/3 cup coconut oil, liquid (around 2 1/4oz)
- 1 teaspoon vanilla extract

Directions

To make beet fudge:

1. Skin and chop your beets, and steam until tender.
2. Place all ingredients into a Vitamix.
3. For the [coconut butter](#) soften it first before measuring out 1/2 cup and 1 tablespoon. I added the one tablespoon because the 1/2 cup made it just a tad too soft so think adding in that extra tablespoon should help.
4. Blend until smooth and creamy. This works best if all ingredients are at room temperature.
5. Pour into your pan of choice. I used individual cheesecake mold pan.
6. Set in freezer or fridge for 3-5 hours, or until firm to touch.
7. Remove from pan. Or if you used a regular pan you can cut into slices and carefully remove.

make chocolate sauce

8. Gather ingredients into a large bowl and stir well.
9. Drizzle chocolate sauce with a over your beet fudge pieces with a spoon.
10. By using coconut nectar the chocolate sauce will be really thick and sticky, FYI, but oh sooo good. Highly recommend licking the chocolate sauce bowl when done, hehe.
11. If you have any leftovers, store in refrigerator for 5-6 days.

Notes

set-time for fudge: 3-4 hours in freezer (leave in refrigerator)

<http://purelytwins.com/2013/02/13/how-to-make-homemade-chocolate-covered-low-sugar-beet-fudge/>

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