

2 Ingredient White Chocolate Fudge

Description

This white chocolate fudge is so creamy and smooth. It only needs 2 ingredients and about 5 minutes to prepare. The fudge is also low carb, low sugar, and keto-friendly.

Ingredients

- 9 oz (255 g) sugar-free white chocolate baking chips see note before starting
- 2-3 fl oz sweetened sugar-free coconut condensed milk see note regarding amount

Instructions

1. Line an 8 inch x 4 inch loaf pan with parchment paper leaving some overhang for easy removal later.
2. Add white baking chips and coconut condensed milk to a large microwave-safe mixing bowl. Heat in 15-30 second intervals, stirring in between with a spatula, until mixture is completely melted and smooth. You can also melt the chocolate mixture on the stove using the double boiler method.
3. Working quickly, transfer the mixture into your prepared loaf pan. It is important that you do this right away as soon as the fudge mixture is smooth because it will begin to cool and thicken soon after. Use your spatula to smooth and even the surface.
4. Place fudge into the freezer until set (mine took about 20-30 minutes but timing may vary depending on the brand of baking chips or condensed milk). Cut fudge into 1-inch pieces with a sharp knife. Keep uneaten fudge in an airtight container in the fridge or freezer. I recommend freezer if you are making the soft and chewy version.

Notes

- **Sugar-free white baking chips:** I used one (9 oz) bag of Lily's sugar-free white chocolate style baking chips*. Please note that 9 oz refers to weight, not volume. Make sure you use sugar-free white baking chips sweetened with erythritol or Stevia. Ones that are sweetened with monkfruit (like ChocZero brand) will not work for this recipe. I also recommend that you start with a new, unopened bag. White baking chips that are old or have been previously opened and exposed to air do not melt well. Even a new bag of baking chips that was previously opened just a few days ago may have issues melting.
- **Coconut condensed milk amount:** For a firmer fudge, use 2 fl oz (60 ml) of sweetened sugar-free coconut condensed milk. The fudge will still be soft on the inside but will be firmer on the outside. For a very creamy, soft and slightly chewy fudge, use 3 fl oz (90 ml) of sweetened sugar-

free coconut condensed milk. If you make the softer chewy version the fudge will need to be kept in the freezer because it becomes a little too soft to handle at room temperature.

- I used Lily's sugar-free white baking chips* and Nature's charm sugar-free coconut condensed milk.*
- **If you are on a keto diet, please remember to look at net carbs and not just total carbs in the estimated nutrition. The net carbs count excludes fiber and carbs from sugar alcohols.**

Nutrition

Serving: 1piece, Calories: 56kcal, Carbohydrates: 8g, Fat: 4g, Saturated Fat: 2g, Sodium: 20mg, Fiber: 2g, Sugar: 2g, sugar alcohol: 3g, NET CARBS: 3

Category

1. Grandma Recipes

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