



Long Livo

Healthy No-Bake Brookie Fudge Recipe

15 min

Prep time

24

Servings

10 min

Cook time

Easy

Difficulty

25 min

Total time

American

Cuisine

Ingredients

The Crust

- ☐ 1 ½ cups rolled oats
- ☐ ¾ cup chopped almonds
- ☐ ½ cup shredded unsweetened coconut
- ☐ ½ cup dried raisins (optional)
- ☐ ¼ cup melted coconut oil
- ☐ ¼ cup pure maple syrup
- ☐ Pinch of sea salt

- ☐ 1 tsp ground cinnamon (optional)

The Chocolate Layer

- ☐ 8 oz dark chocolate chips (70% cacao)
- ☐ ½ cup unsweetened coconut milk
- ☐ 2 tbsp almond butter
- ☐ 2 tbsp pure maple syrup
- ☐ ½ tsp vanilla extract
- ☐ Pinch of sea salt

Instructions

- 1** Start by lining your baking pan with parchment paper and a silicone mat; it just makes everything so much cleaner later. In a good-sized bowl, stir together your rolled oats, chopped almonds, shredded unsweetened coconut, dried raisins (if you're using them), maple syrup, melted coconut oil, salt, and that little bit of cinnamon. Well, just mix it until it's all combined, then press the mixture firmly into the pan using the back of a spoon or your hands—honestly, don't be afraid to push it down hard to get an even crust.
- 2** Pop the pan into the refrigerator for about 10 minutes. It just needs a little time to set so it doesn't slide around when you're adding the chocolate.
- 3** Now for the chocolate. Combine your dark chocolate chips (70% cacao) and unsweetened coconut milk in a microwave-safe bowl. Heat them in 20-second intervals, stirring in between, or use a double boiler. I mean, just be patient until it's completely smooth.
- 4** Stir in the almond butter, additional maple syrup, vanilla extract, and a pinch of salt. Keep stirring until the whole thing looks silky and uniform—wow, it smells wonderful at this stage.
- 5** Carefully pour that chocolate mixture over your chilled crust and use a spatula to spread it out evenly. Just a gentle glide to make sure every corner is covered.
- 6** Put the pan back in the fridge and let it chill for 15–20 minutes. You want that fudge layer to feel set and firm to the touch.

- 7 Take the solidified brookie out of the pan using a sharp knife to loosen the edges and lift it out with the parchment. Now, cut it into 24 equal squares. I usually use a ruler just to be sure they're even.
- 8 Arrange your beautiful squares on a plate or platter, and you're all set to serve.

Nutrition per serving

185 kcal

Calories

4 g

Protein

12 g

Carbs

14 g

Fat

Tips & notes

- The 70% cacao chocolate provides a deeper flavor and less sugar.
- Using a silicone mat makes lifting the fudge out of the pan a breeze.
- If the crust feels too loose, press it down a bit more firmly.