

Prep Time: 15 minutes

Cook Time: 5 minutes

Chill Time: 2 hours

Total Time: 2 hours 20 minutes

Difficulty: Easy

Intensity Level: Low

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Introduction

If you're following a ketogenic lifestyle but still crave something rich, decadent, and satisfying, this Keto Chocolate Peanut Butter Fudge is exactly what you need. With just a handful of low-carb ingredients, you can create a creamy, melt-in-your-mouth treat that rivals traditional fudge — without the sugar spike. The combination of smooth peanut butter and deep dark chocolate creates a flavor profile that feels indulgent yet stays perfectly within your macros. Best of all, this recipe requires no baking, no candy thermometer, and no fancy equipment. Just a saucepan, a loaf pan, and a little patience while it chills.

Whether you're new to keto or a seasoned low-carb baker, this fudge is a reliable crowd-pleaser. It's great for holidays, potlucks, or simply keeping a stash in the fridge for when a sweet craving strikes. Let's dive in.

Ingredients

For the Peanut Butter Layer:

- 1 cup creamy peanut butter (unsweetened, no added sugar)
- ½ cup coconut oil
- ¼ cup powdered erythritol (or preferred keto sweetener)
- 1 teaspoon vanilla extract
- ¼ teaspoon salt (omit if peanut butter is salted)

For the Chocolate Layer:

- ½ cup sugar-free dark chocolate chips (or 85% dark chocolate, chopped)
- ¼ cup coconut oil
- 2 tablespoons powdered erythritol
- 2 tablespoons heavy cream
- ½ teaspoon vanilla extract
- Pinch of salt

Optional Toppings:

- Chopped roasted peanuts
 - Flaky sea salt
 - Unsweetened shredded coconut
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Equipment

- Medium saucepan
 - Silicone spatula
 - 8×4 inch loaf pan
 - Parchment paper
 - Mixing bowls
 - Whisk
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Instructions

Step 1: Prepare the Pan

Line an 8×4 inch loaf pan with parchment paper, leaving overhang on the sides for easy removal. Set aside.

Step 2: Make the Peanut Butter Layer

In a medium saucepan over low heat, combine the peanut butter, coconut oil, powdered erythritol, vanilla extract, and salt. Stir continuously with a silicone spatula for 3 to 5 minutes

until the mixture is completely smooth and glossy. Do not let it boil — low and slow is key here.

Step 3: Pour the First Layer

Pour the peanut butter mixture into the prepared loaf pan. Spread it evenly with a spatula. Place the pan in the freezer for 15 minutes to allow the layer to set while you prepare the chocolate.

Step 4: Make the Chocolate Layer

In a separate saucepan over low heat, combine the sugar-free chocolate chips, coconut oil, powdered erythritol, heavy cream, vanilla extract, and a pinch of salt. Stir constantly for 3 to 4 minutes until fully melted and smooth. Remove from heat immediately once melted.

Step 5: Assemble the Fudge

Remove the loaf pan from the freezer. Gently pour the chocolate mixture over the set peanut butter layer, spreading it evenly to the edges. If desired, sprinkle chopped peanuts, flaky sea salt, or shredded coconut on top.

Step 6: Chill

Return the pan to the refrigerator and chill for at least 2 hours, or until the fudge is completely firm. For faster results, you can chill in the freezer for 45 minutes.

Step 7: Slice and Serve

Once firm, lift the fudge out of the pan using the parchment overhang. Place it on a cutting board and cut into 16 equal squares using a sharp knife. For clean cuts, wipe the blade with a warm damp cloth between slices.

Step 8: Store

Store the fudge in an airtight container in the refrigerator for up to 2 weeks, or in the freezer for up to 3 months. If frozen, let it thaw at room temperature for 5 minutes before enjoying.

Time and Intensity Breakdown

Phase	Time	Intensity
Prep	10 minutes	Low
Peanut Butter Layer	5 minutes	Low
First Chill	15 minutes	None
Chocolate Layer	4 minutes	Low
Assembly	3 minutes	Low
Final Chill	2 hours	None
Slicing	3 minutes	Low
Total	~2 hours 20 minutes	Low

Tips for Perfect Keto Fudge

1. Use powdered sweetener, not granulated. Granulated erythritol can leave a gritty texture. Powdered blends dissolve smoothly.
2. Don't overheat the chocolate. Low heat prevents seizing and keeps the texture silky.
3. Natural peanut butter works best. Look for brands with just peanuts and salt — no added sugar or palm oil.

4. Adjust sweetness to taste. Some brands of chocolate chips are sweeter than others; taste as you go.
5. Cut while cold. Warm fudge smears; cold fudge slices cleanly.

Nutrition Information

Serving Size: 1 square (1/16 of recipe)

Calories: 145

Total Fat: 14g

Saturated Fat: 8g

Cholesterol: 2mg

Sodium: 55mg

Total Carbohydrates: 4g

Dietary Fiber: 1g

Net Carbs: 3g

Total Sugars: 1g

Protein: 3g