

# Easy Three-step Fudge

(from L. Loper Jan 2011, one of my FCS students)

1 pkg (11 ounces) milk chocolate chips

1 container (16 ounces) chocolate frosting

Powdered sugar, optional

## DIRECTIONS:

1. Put the chocolate chips in a glass bowl. Do not cover. Microwave it on **HIGH** for 1 minute. Stir the chocolate until it is smooth. If the chocolate is not completely melted, microwave it for 15 to 30 seconds more. Add the chocolate frosting and stir until the mixture is well blended and no longer shiny.
2. Cut two 12-inch-long pieces of parchment or waxed paper. Put 1 piece of the paper on a cutting board. Smooth the chocolate mixture onto the paper. Cover the chocolate mixture with the second piece of parchment paper. Pat the chocolate mixture with your hand to flatten it slightly. Roll the mixture until it is 1/2-inch thick using a rolling pin. Put the fudge in the refrigerator for at least 1 hour or until it is firm.
3. Remove the fudge from the refrigerator and peel off the top piece of parchment paper. Cut the fudge into 1-inch squares and sprinkle it with powdered sugar, optional.

Makes about 72 pieces.

*Helpful Hint:* To store the fudge, put it in a plastic container and cover it, and then place it in the refrigerator.

**Nutrition information** (1 piece of fudge): Calories 45, Total Fat 2.5 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrate 7 g, Protein 0 g, Sodium 15 mg, Fiber 0 g. Diabetic exchanges per serving: 1/2 fruit, 1/2 fat (1/2 carb).