

90 second microwave fudge

Serves: 16

Prep and Cook time: 1 hr 10 min

Per serving: 168 calories, 8 g fat, 33 mg sodium

1 can (14 oz)
condensed milk

9 oz dark chocolate, broken
up into small bits (milk
chocolate is okay too)

1 cup chopped
walnuts

1. Line an 8-inch square cake pan with wax paper.
2. In a large microwaveable bowl, melt the chocolate in 20 second increments, stirring after each, until smooth and creamy.
3. Gradually add the condensed milk, stirring all the while. Add the nuts and stir to combine.
4. Spread the mixture in the cake pan and refrigerate until set, about 1 hour. Cut into 16 squares.

