

CHOCOLATE

Ingredients:

1/4 cup organic virgin coconut oil

3 tablespoons organic raw cacao powder

2 tablespoons raw honey, stevia, zylitol

1 teaspoon vanilla extract

Method:

Warm the coconut oil (metal bowl on top of a saucepan of water) until liquefied

Remove from heat. Slowly add cacao, honey and vanilla.

Mix well, adding more cacao and honey as taste dictates. Pour into dish and refrigerate until set.

Extras can be added such as chopped nuts, coconut flakes. To make a spread, leave out of fridge, roll in the nuts or coconuts afterwards for a truffle effect