

Chocolate Coconut Snack Bites

~ from the "Peg's Lifestyle Reset ~ Culinary Nutrition Workshop" Collection

A rich and satisfying chocolate treat! (Can you eat just one?)

I make these treats without any sweetener, and have also experimented with cashew butter instead of almond, as well as going without chocolate for a caramel flavour - that one needs a little maple syrup!

Ingredients:

- 1/2 cup coconut oil (melted)
- 1/2 cup coconut butter (melted)
- 1/4 cup almond butter (or ground, soaked almonds)
- 1/4 cup cacao powder
- 1/4 cup unsweetened coconut flakes (finely shredded)
- 1 tsp vanilla extract
- 1 tsp maple syrup, or to taste (optional, can also use stevia or honey)

Directions:

1. Melt coconut oil and coconut butter together in a small saucepan.
2. Add almond butter and stir until combined. Add vanilla, coconut flakes and cacao powder, plus sweetener if using, and stir together.
3. Pour mixture into silicone ice cube trays or baking molds. (Not too thick.)
4. Cool in the fridge for about 1 hour.
5. Once set, turn the snack bites out of the molds, and store in the fridge or freezer.

Options

1. Can also be made without cacao powder to create a "caramel" flavour (requires sweetener). Add ¼ tsp sea salt for a "salted caramel" taste!
2. Substitute cashew butter for almond butter.

