

# Chocolate Orange Hearts

**Makes:** 36 Small Chocolate Hearts

## Ingredients

125g Bar of 81% cocoa solids chocolate. (Lidl or Lindt)  
2 tsp coconut oil.  
1 tsp vanilla extract  
1 tbsp Xylitol  
Zest of 1 med orange



## Instructions

1. Place bowl over saucepan of hot but not boiling water. Add the coconut oil and Xylitol to the bowl, stir until ingredients have dissolved.
2. Grate or zest the peel of orange and add to the dissolved coconut and Xylitol mixture and add vanilla extract.
3. Break the chocolate bar into small pieces and add to other ingredients and melt.
4. When all the ingredients are combined and smooth remove the bowl from the heat and pour chocolate into moulds or ice cube tray.
5. Leave chocolates to set in the fridge for 4 hours or overnight.

## Nutrition information:

### *Per chocolate:*

Kcal 20  
Fat 1.6g  
Carbs 0.7g  
Protein 0.3g