

Orange & Coconut Chocolates

Ingredients

5 Tbsp Coconut Oil (Health food store) - Melted
5 Tbsp Cocoa Powder (dark) – Baking aisle
2 Tbsp Desiccated Coconut – Baking Aisle
Zest of 1 medium Orange
1 ½ Tbsp Xylitol – Health food store
Pinch of Salt



Method

To zest the orange = finely grate the outer skin of the orange, do not grate the pith (white layer) as this is quite bitter.

Melt the Coconut Oil, firstly add the Xylitol and stir until dissolved. Then add all ingredients and mix well. Transfer into ice cube tray or chocolate moulds and refrigerate.

Mixture makes: 16 individual chocolates.

Nutrition Facts for Each Chocolate: Carbs 0.7g Prot 0.6g Fat 5.1g Kcal 60

Variations: You can also replace desiccated coconut with peanut butter or chopped nuts.