



AMAZING CHOCOLATE

ALLERGIES:

No grains
No dairy
No egg
No gluten
Low disaccharides(Omit fruits)

Prep time: 15 minutes

Cook time 15 minutes

Serves: makes 4-5 cups



♦ **INGREDIENTS**

- 1/2 cups coconut oil
- 1 cup nuts (almonds, cashews, pistachios)
- 1 cup seeds (sunflower pepitas, chia, linseeds)
- 1/2 cup dried fruit (ginger, apricots, goji berries) Omit for low disaccharide)
- 1 cup cocoa (cacao, carob)
- 1 cup sweetener (natvia, stevia, honey, glucose)
- 2 tablespoons protein powder (whey, rice, vanilla, chocolate)
- 2 tablespoons cacao nibs
- 1 cup shredded coconut
- Optional extras: grated ginger, chilli powder, chopped mint(not for low disaccharide.

♦ **METHOD**

- Preheat oven to 180°C. Line a lamington tray with baking paper.
- In grinder, chop seeds as finely as you like. Fruit can be chopped now too.
- Roast nuts on lamington tray in oven for 15 minutes, stirring occasionally.
- Remove nuts and add coconut oil to hot dish and stir until melted.
- Add all other ingredients and mix well.
- Place dish into fridge until chilled, about 2 hours.
- Lift chocolate by the baking paper to remove from tray, and place on a chopping board.
- Cut into bite size pieces and store in a container in the freezer.

♦ **NOTES**

- As long as the combined seeds, nuts and dried fruit equals 3 cups, this will work.
- I grind my linseeds finely as they digest better, and chia seeds so they don't lodge in my teeth.
- As coconut melts quickly, these cannot be packed in lunch boxes, but must be kept in freezer.
- With a total grain allergy, I find the rice protein is safe as it is the protein extracted from the grain
- Low disaccharide must not have dried fruit or other sugars in it.