



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 5mins

Cooking time: 1 minute

Cooling time: 30 minutes - 1 hour

Serves: Makes 40-50 pieces

INGREDIENTS

- 1 cup coconut oil
- 1 cup cacao powder
- 1/2 cup desiccated coconut (unsweetened)
- 1 cup shredded coconut
- 1 - 2 tbsp Natvia (or sweetener)
- 1 tbsp maca powder

METHOD

- Heat coconut oil in a large bowl for 30 seconds, until just warm.
- Add all other ingredients, and mix well.
- Pour into a lined dish (about 25cm X 35cm)
- Chill in the fridge for about 1/2 hour until firm.
- Lift out on baking paper, peel paper off and cut chocolate into squares.
- Store in the freezer, as coconut oil melts easily and quickly.
- Ready to eat after 1/2 - 1 hour in the freezer.
- Enjoy!

COCONUT ROUGH

