

Low-Carb Chocolate



Makes approximately 8 chocolates

Ingredients:

- $\frac{1}{4}$ cup unsweetened cocoa powder
- $\frac{1}{2}$ cup coconut oil, unmelted
- 1-2 tablespoons low-carb sweetener, such as Spenda or Swerve
- $\frac{1}{2}$ teaspoon Vanilla extract

Instructions:

1. In a glass bowl, mix the cocoa, coconut oil and sweetener together until thoroughly combined. It will be a thick paste.
2. Stir in vanilla extract. Taste the mixture and add more sweetener to taste.
3. Microwave the ingredients for 5 seconds, stir and microwave for 5 seconds more. Stir well.
4. For best results, the consistency of the chocolate mixture should be very soft, but not runny. If needed, microwave another 5 seconds. Set aside.
5. Line a casserole with wax paper and pour in the chocolate mixture. Alternatively, you may pour the chocolate mixture into ice cube molds.
6. Freeze chocolate until hardened.

Nutrition per chocolate: Calories 130; Total Fat 13.9 g; Saturated Fat 11.5 g; Monounsaturated Fat 1.0 g; Polyunsaturated Fat 0.2 g; Total Carbohydrates 1.9 g; Dietary Fiber 1.0 g; Sugar Alcohols 0.0 g; Sugars 0.4 g; Protein 0.5 g; Sodium 1 mg