



Coconut chocolate rough

So quick to put together, not overly sweet (so you won't be driven to consume more sweets) - a perfect keto treat. Makes 20 pieces. Per piece:
Cal: 133; Fat; 12.5g; Pro: 2.5g; Carbs: 1.6g

Serves: 20, Prep time: 00:15, Cook time: 00:00

Instructions

Melt coconut butter* until it is a liquid (either in the microwave or over a double boiler pot on the stove). Line a baking tray or dish with baking paper or use a silicone dish (I used a silicone loaf dish).

Mix all of the ingredients together until well blended. Pour into tray and pop into the refrigerator until set.

When set, cut into 20 pieces.

**You can make this by using 3 cups desiccated coconut, toasted until golden brown (doesn't take long in a single layer on a baking dish at 180 degrees), cool and blend until almost smooth.*

Ingredients

- 1 cups Coconut butter
- 100 grams Almond meal (3.5 oz)
- 0.25 cups Coconut milk
- 50 grams Unsweetened cocoa powder (2 oz)
- 10 Stevia drops NOW brand, optional
- 1 teaspoon Salt, Himalayan