



Coconut Oil Chocolate

Prep Time 10 mins **Cook Time** 15 mins **Total Time** 10 mins

Stage: 4 and Beyond

Servings: 1

Calories: 130

Ingredients

- 1 tbsp Coconut Oil
- 1 tbsp unsweetened Cocoa Powder
- Stevia
- Stevia drops to taste, start with 8 drops and then adjust
- Try flavored Stevia like Chocolate, Vanilla, English Toffee, Hazelnut

Add-ins

- Salt, Raisins (cautionary), Nuts (cautionary), Shredded Coconut, etc.

Instructions

1. Melt coconut oil in saucepan or microwave
2. Mix coconut oil and cocoa together
3. Add Stevia
4. Add any desired add-ins
5. Pour mixture into small container of any kind
6. Freeze until solid, 5-10 minutes
7. Store in freezer or refrigerator

