

### SIMPLE COCONUT OIL CHOCOLATE

(Courtesy Sally-Ann Creed)

#### Ingredients:

1/2 cup coconut oil

1/4 cup cocoa powder

2 tablespoons raw honey or stevia, adjust according to taste

1 teaspoon vanilla extract

#### Method:

Melt the coconut oil and add the honey

Whisk and add the cocoa powder

Whisk occasionally while pouring into silicone ice cube tray or mini muffin tray. Makes 12

Cool for 30 minute in the fridge or freezer. May ake about 15 minutes to set.

Optional:

1 teaspoon orange rind (mix into the chocolate)

nuts (sprinkle into the silicone tray)

1/4 cp dried coconut (mix into the chocolate)