

Healthy Compass Recipes

Melt in Your Mouth Chocolate! (Dairy Free)

Ingredients

½ cup coconut oil

½ cup cocoa powder

¼ cup of maple syrup (or honey)

Optional: Sprinkle of Pink Himalayan Salt

Optional: any nut, seed, fruit, vanilla, coconut, peppermint extract, etc. to put in it!

Instructions: If needed, heat the coconut oil in a saucepan until melted. Add the cocoa powder and maple syrup. Stir well. Pour into a pan with parchment paper. Freeze for 30-60 min.

Other information: The recipe is 1:1 coconut oil and cocoa with half as much maple syrup. There are so many variations you can do! You can also use Cacao or Carob powder instead. You can pour it into molds or an ice cube tray for bit size pieces. Enjoy!