

CHOCOLATE NUTTY COCONUT FAT BOMBS

INGREDIENTS

2 Tbsp Coconut Oil

4 Tbsp Almond Butter

1 Tbsp Cocoa

2 Tbsp Xylitol

6 Tbsp Desiccated Coconut

METHOD

Mix with a hand blender the coconut oil, almond butter and raw cocoa until it is a smooth texture.

Then add the sweetener and desiccated coconut and mix well.

Pour into moulds (silicone is easier) with about 1 tablespoon in each one.

Set in fridge for about 30 min - 1 hour. Its best the stay in the fridge or freezer until ready to eat, as once they get to room temperature, they could melt.

