

SNACK

Glycemic Load: 5



Simple Raw Chocolate

Ingredients:

5 Tbsp [raw cacao powder](#)

4-5 Tbsp [virgin coconut oil](#)

3 Tbsp raw honey

1 pinch of Himalayan sea salt

Extra Optional Ingredients

1 cup [desiccated coconut](#)

½ cup chopped [almonds](#)

½ cup [cashew pieces](#)

½ cup [walnuts](#)

¼ cup [goji berries](#)

Method:

Combine all ingredients together in a bowl and put it into the fridge or freezer. The coconut oil will solidify. You now have deliciously healthy chocolate chunks. Kept in the fridge these will last for up to 2 weeks but you will have eaten them by then.

Cut into 10 pieces