

Raw Chocolate Almond Mini Cups

This is a healthy treat. It is made with coconut oil which has medium chain fatty acids which help you burn fat. Coconut oil also has good fat you're your brain and lauric acid which is found in breast milk. It is good for your immune system and is anti-fungal. Coconut oil supports your mitochondria to give you energy. Almonds are a great blood sugar stabilizer, high in protein and fiber. Cacao is high in magnesium, fiber and antioxidants. This is a Gluten Free, Dairy Free, Vegan and Paleo treat. I only take 5 minutes to make and 15 minutes to chill.

16 servings

6 Tb raw organic cacao powder
6Tb organic coconut oil
3 Tb chopped almonds
1/2 tsp vanilla extract
6 tsp coconut sugar
8-10 drops Stevia (to taste)

- In a small pan, combine cacao powder and coconut oil over very low heat. Stir occasionally until mixture is completely liquefied.
- Add coconut sugar and stir until dissolved.
- Remove from heat and stir in, vanilla and stevia.
- Pour mixture into paper mini muffin liners
- Transfer to freezer or refrigerator to set (about 15 minutes in freezer, 30 minutes in refrigerator).
- Store them in airtight container in freezer or refrigerator.
- Enjoy!