



Homemade 'healthy' chocolate

BY MIDLIFE MENU

Ingredients:

Serves 12

1 cup coconut oil, melted
1 cup cocoa/cacao powder
4 tablespoons maple syrup
2 dashes salt
4 tablespoons slivered almonds

Instructions:

1. Melt coconut oil, and whisk in maple syrup, salt, and cocoa/cacao powder until smooth.
2. Stir in slivered almonds until evenly distributed.
3. Pour into an ice cube tray and freeze.
4. Store in fridge or freezer to avoid melting.

Serve & enjoy!

Tip: Substitute other seeds, chopped nuts, or nut butter instead of the almonds if you wish.

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