



Blueberry Chocolate Coconut Treats

8 servings

30 minutes

Ingredients

90 grams Organic Coconut Oil
40 grams Cacao Powder
2 tbsps Raw Honey
1/4 tsp Sea Salt
50 grams Blueberries (a handful)

Directions

- 1 Melt the coconut oil and honey in a pot over low heat. Stir well.
- 2 Add blueberries and cacao powder and blend with a hand blender until smooth.
- 3 Ladle the mix into a mini square silicone molds and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

Notes

No Honey , Sweeten with stevia, maple syrup or coconut sugar instead.

No Coconut Oil, Use coconut butter instead.

Likes it Sweet, Add more sweetener as desired.

No Silicone Mold, Use parchment-lined mini muffin molds.

Serving Size, One serving is equal to one fat bomb, or approximately 35 grams (1.2 ounces).

Storage, Refrigerate in an air-tight container for up to 7 days. Freeze for up to 3 months.