

Keto Chocolate Coconut Candies

Hands-on 10 - 15 minutes Overall 60 - 90 minutes

Nutritional values (per serving): Total carbs: 2.4 g, Fiber: 1.4 g, Net carbs: 1 g,

Protein: 0.92 g, Fat: 7.7 g, Calories: 76 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 30 servings)

1 cup extra virgin coconut oil (200 g / 7.1 oz)

1 cup raw cocoa powder (100 g / 3.5 oz)

1 tsp vanilla bean powder (~ 1-2 vanilla beans)

1/4 cup Erythritol, powdered or other healthy low-carb sweetener
from this list

10-15 drops Stevia extract

pinch salt

1/4 cup Homemade Coconut & Pecan Butter, chilled (63 g / 2.2 oz)

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Instructions

1. Place the extra virgin coconut oil into a small bowl and melt in a microwave oven on low heat for just about a minute. Add raw cocoa powder, vanilla extract, Erythritol and stevia.
2. Erythritol doesn't dissolve easily unless heated up. For a smoother texture you can blend it until powdered.
3. Mix everything well, make sure there are no clumps.
4. Spoon the chocolate mixture into the silicone mold to about 1/3. I used these heart-shaped ice silicone molds but you can use any other (the ones I used take 1 1/2 tablespoons each). Place the molds in the fridge for about 10-15 minutes or until the chocolate solidifies.
5. When the chocolate mixture solidifies, add 1/2 a teaspoon of homemade coconut & pecan butter into the mold. The best results are achieved when the butter is chilled.
6. Top with the remaining chocolate mixture and place back in the fridge for at least 30-60 minutes or until firm.
7. When done, **keep refrigerated**. Coconut oil gets very soft at room temperature. Now, whenever you get sugar cravings or before you go to gym, pop them out of the molds and enjoy!!! *Note: You may end up making more than 30 candies. This depends on the size of moulds used.*