

Healthy Homemade Keto Chocolate

Hands-on 10 minutes Overall 30 minutes

Nutritional values (per serving 1/2 oz/ 14 g): Total carbs: 1.7 g, Fiber: 0.9 g, **Net carbs: 0.8 g,**

Protein: 0.5 g, Fat: 7.9 g, Calories: 74 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 15 servings/ 7.5 oz/ 213 g)

112 g [cacao butter](#) (4 oz)

1/2 cup [cacao powder](#) (40 g/ 1.4 oz)

1/3 cup [powdered Erythritol](#) or [Swerve](#) (50 g/ 1.8 oz)

1/2 tsp [vanilla powder](#) or 1 tsp sugar-free [vanilla extract](#)

pinch of salt

Optional: [stevia](#) drops, to taste

Optional: 1/2 tsp [sunflower lecithin](#) powder if you plan to bake with it

Note: [Sunflower lecithin](#) acts as a stabiliser and will keep the chocolate from separating if you plan to use it for baking. If you can get [allulose](#), use powdered [allulose](#) instead of the [Erythritol](#) (you can use a coffee grinder to do that). It will result in smooth texture without any cooling aftertaste.

Instructions

1. Melt the cacao butter in a double boiler, or heat-proof bowl placed over a small saucepan filled with 1 cup of water, over medium heat. Make sure the water doesn't touch the glass bowl — it should only be heated through the steam.
2. Remove from the heat and set aside. Stir in the sunflower lecithin (if using), cacao powder, Erythritol, vanilla, and salt. If you want a sweeter taste, add the stevia.
3. Pour into a jar or use a 1/4 cup measure ...
4. Pour it in [candy molds](#) or [chocolate bar molds](#). Let it sit to harden at room temperature or in the refrigerator.
5. Once hardened, remove from the molds and keep in an airtight container.
6. Store at room temperature or refrigerate for up to 3 months. Enjoy!

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