

# Keto Chocolate Pots with Chocolate Curls

Hands-on 15 minutes Overall 15 minutes

**Nutritional values (per serving):** Total carbs: 21.2 g, Fiber: 15 g, **Net carbs: 6.2 g**,

Protein: 6 g, Fat: 31.3 g, Calories: 338 kcal,

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



## Ingredients (makes 4 servings)

### Chocolate pots:

2 1/2 large avocados, seed and skin removed (500 g/ 17.6 oz)

1/2 cup raw [cacao powder](#) (43 g/ 1.5 oz)

1 tsp of [vanilla powder](#)

2 tbsp [coconut oil](#) or [coconut butter](#), soft not melted

pinch sea salt or [pink Himalayan salt](#)

3/4 tsp [liquid stevia](#), or to your desired sweetness or use other healthy [low-carb sweetener from this list](#)

1-2 tbsp unsweetened almond or cashew milk (*depending on how runny you like it*)

### Chocolate curls:

1/3 cup raw [cacao powder](#) (29 g/ 1 oz)

15 g [cocoa butter](#) (0.5 oz)

10-15 drops [liquid stevia](#), or to your desired sweetness or use other healthy [low-carb sweetener from this list](#)

## Instructions

1. Place all the chocolate pot ingredients in a bowl and blitz with a [hand blender](#) until smooth. Taste and adjust sweetness to your palate. Spoon into small ramekins or yoghurt pots.
2. Place the cocoa butter into a heatproof jug or bowl. Heat an inch of water in a pan and add the bowl with the cocoa butter in. Melt the cocoa butter on a medium heat until fully dissolved. Remove from the pan and stir through the cacao and stevia. Adjust sweetness to taste.
3. Allow to cool slightly then using a palate knife spread onto a clean marble board or tile. Allow to set. You want it set but slightly tacky. Using a scraper push up and away from you to make chocolate flakes or curls. You won't get big thick curls like with normal chocolate as you need sugar in the recipe for that but they still look pretty on top. Enjoy or store in the fridge for up to 4 days.

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