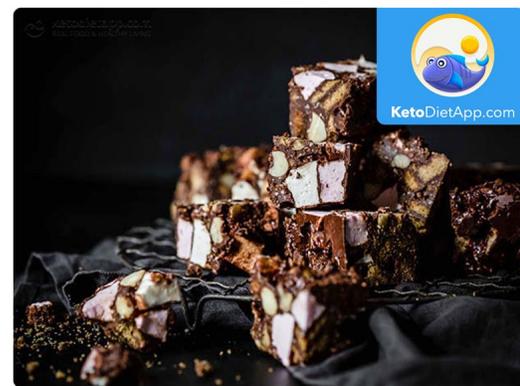


Keto Rocky Road

Hands-on 30 minutes Overall 3 hours



Nutritional values (per serving, 1 piece): Total carbs: 6.6 g, Fiber: 2.6 g, **Net carbs: 4 g,**

Protein: 4.4 g, Fat: 23.8 g, Calories: 242 kcal,

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

Ingredients (makes 20 servings)

1/2 recipe [Low-Carb Graham Crackers](#)

1/2 recipe [No Fail Fluffy Keto Marshmallows](#)

1 cup [macadamia nuts](#) (134 g/ 4.8 oz)

340 g [90% dark chocolate](#) or [sugar-free chocolate](#) (12 oz)

1 stick unsalted butter (113 g/ 4 oz)

1/2 cup [shredded coconut](#) (38 g/ 1.3 oz)

1/4 tsp sea salt, or to taste

Instructions

1. Make the [Low-Carb Graham Crackers](#).
2. Prepare the [No Fail Fluffy Keto Marshmallows](#). You can keep them plain or add a few drops of red food colouring to half of the batch. Alternatively, you can use about 225 g (8 oz) white and pink sugar-free marshmallows (see the post above for tips). Once done, cut the marshmallows into small pieces. *Note: You'll only need half of the Keto Graham Cracker recipe and half of the Keto Marshmallow recipe but it's easier if you make the whole recipes and reserve the remaining crackers and marshmallows for another recipe such as these [Keto S'mores Bars](#).*
3. Place the butter and chocolate into a small saucepan and melt over a med-low heat until combined. Remove from the heat and set aside to cool.
4. Pre-heat your oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional) and lay the macadamias out on a tray.
5. Roast them for about 10 minutes until they are fragrant and slightly browned and then set aside to cool.
6. Grease and line a baking pan (I used a 20x20 cm/ 8x8" tin) making sure that you have plenty of overhang in your paper to use as lifting handles later on.
7. In a large mixing bowl, break the Graham Crackers up into small pieces. You want a range of sizes from chunks to crumbs. Add the marshmallows and the cooled macadamia nuts and then finally, the

coconut.

8. Mix these together with your hands until they are evenly distributed.
9. Lastly, check the temperature of the chocolate. You need it to be just room temperature otherwise it will start to melt your marshmallows. Pour the chocolate into the bowl and use a spatula to evenly coat all the other ingredients.
10. Spoon the mixture into your tin and press it evenly down.
11. Chill for approx. 2 hours until set. Cut it with a warm knife to get clean lines. Store in a covered container in the fridge for up to two weeks.

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