

Chocolate Coconut Nut Bark

From the kitchen of Lisa Johnson

Servings: 8 Preparation Time: 10 minutes

1 cup dark chocolate chips or chocolate pieces
1/2 cup extra virgin coconut oil
1/2 cup raw macadamia nuts, chipped
1/4 cup unsweetened coconut flakes
10 drops of liquid Vanilla Crème Stevia



Method:

- Measure the macadamia nuts (or pecans, walnuts or almonds) and place in a plastic bag. Use your meat tenderizer to chip the nuts.
- Place a glass mixing bowl over a saucepan of simmering water and add chocolate and coconut oil. After it is all melted, remove from the heat.
- Add the nuts, coconut flakes and sweetener. As you add the coconut flakes you can crush them with your hand if you don't want large pieces. Or you could use already shredded coconut.
- Mix and pour onto a small parchment lined cookie sheet. I folded the edges of the parchment up to make a "smaller container" so that I wouldn't have really thin edges.
- Place cookie sheet in the freezer to set. Make sure that it is level or the nuts and coconut pieces will shift in the chocolate based on their weight.
- Once it has hardened, break into pieces and enjoy!
- One ounce serving 8 net carbs 414 calories

IMPORTANT: Use at least 70% dark chocolate or the bark will have too much sugar in it. An 85-90% dark chocolate would even be better for lower sugar. The coconut oil and macadamia nuts help reduce the impact on the blood sugar. Eat NO MORE than a one-ounce serving of these at a time and your blood sugar should be fine (as always, monitor closely).