

Dark Chocolate

Ingredients:

Coconut oil: 250g

Honey or Syrup: 80g

Cocoa powder: 200g

Vanilla extract: 1 tsp

Stevia: 3 tsp (Optional)



Instructions:

Melt the coconut oil: Either melt in a pan over low heat, or pour hot water into the bottom of a saucepan and bring to a simmer, put the bowl on top of the pan and leave the coconut oil to melt.

Mix in other ingredients: Once the coconut oil is melted, pour in the honey and stir. Then add the cocoa powder, vanilla extract, and stevia if used.

Set the chocolate: Pour the mixture into silicone moulds, and in the fridge for 1 hour to set.

The chocolate can be stored in a container in the fridge.

For vegan chocolate, use maple syrup or golden syrup instead of honey.

Stevia is sugar alternative that comes from natural plant. It is said to have zero calories and does not raise blood sugar level (so more diabetes friendly).



More plant-based recipes available on our GreenTEA food page:

<https://eynsham.org.uk/org.aspx?n=GreenTEA&id=1002>

